

Self Directed Services

EXAMPLES OF HOW PARTICIPANTS ARE USING THEIR SELF DIRECTED SERVICES BUDGETS

Level I – Lowest Support Time Needed

Description: A majority of people can do all activities of daily living, but may need help with public transportation.

Amy and Dan are both **Level I** individuals:

Amy uses her budget to:

- Purchase services from an agency to assist her in learning how to budget her money and balance a checkbook.
- Purchase transportation services from an agency to take her to classes at the local community college.
- Hire a person from her local greenhouse to teach her basic horticulture skills.

Danny uses his budget to:

- Hire a companion to go overnight deep sea fishing, go to the movies, watch sports games and hang out with young adults who are not disabled.
- Hire a companion to assist him in learning how to cook dinner for others, do laundry and budget his money.

Level II – Low Support Time Needed

Description: A majority of people can eat, drink, toilet, care for clothing, make a bed, clean their room, use the microwave, prepare foods and wash dishes. Assistance needed to shop, count change or do laundry.

Suzanne and John are both **Level II** individuals:

Suzanne uses her budget to:

- Hire a companion to assist her in learning new skills by providing support while she attends adult enrichment classes that include basic computer skills, arts and crafts and social skills. The companion also transports her to and from the classes.
- Hire a companion to assist her in volunteering at a local animal shelter.
- Purchase services from the local community center to provide supports and assistance when swimming.

John uses his budget to:

- Have an agency provide support for him once a week at work.
- Purchase out of home respite services when his sister has to go away.
- Hire a companion to go out to Italian restaurants and to the movies with him on Friday nights.

Level III – Medium Support Time Needed

Description: A majority of people can eat, drink, toilet and dress. Assistance needed to care for own clothing, use money or count change. Caregivers spend a lot of time supporting consumers.

Seth and Tiffany are **Level III** individuals.

Seth uses his budget to:

- Create alternative day activities with the assistance of an agency where he participates in volunteer activities, physical fitness classes and takes art classes.
- Purchases in-home respite services for 6 hours each Saturday night from his neighbor and friend.
- Hire a companion through an agency that teaches him meal preparation skills
- Hire an agency to provide a support person to accompany him and drive him to dances at the local YMCA.

Tiffany uses his budget to:

- Attend her DDD funded day program.
- Purchase services from an agency so that she can attend their Saturday program.
- Purchase hotel respite services from a DDD contracted agency.
- Hire a companion from an agency to go to free concerts once a month at the local community center.

Level IV – High Support Time Needed

Description: Many people may not be able to do anything for themselves, but a majority can eat and drink. They may be unable to toilet or dress themselves. Caregivers provide support most of the time.

Sean and Joan are both **Level IV** individuals:

Sean uses his budget to:

- Hire a support person who assists him in volunteering at the local zoo and the community Meals on Wheels.
- Hire a support person to assist him in learning personal grooming skills and basic cleaning skills.
- Hire a companion who takes him out and does guy things 2 nights per week.
- Hire a person to spend time with him overnight in his own home when his Mom goes away.

Joan uses her budget to:

- Attend a DDD funded day program.
- Purchase individual supports from an agency to assist her 2 nights a week in bathing, hair washing and getting ready for bed.
- Purchase individual supports from an agency to provide a companion to eat dinner with her either at a restaurant or in her home 1 night per week.
- Purchase support from an agency to provide a companion 1 day on the weekend to do fun activities such as: shopping, going to the movies, getting her nails done and going to the zoo.