



Self-Direction in Managed Care:  
More Control to Improve Your Life

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Lisa Pugh, Executive Director



# What you will learn:

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- Overview of Family Care
- How self-direction works
- The difference between self-direction in Family Care and IRIS
- Ideas for how self-direction can help you have more control over services and in meeting your goals
- Ways people are self-directing in Family Care



# Your Presenters

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Betsy Van Heesch, Chief  
Operations Officer  
My Choice Family Care



Jane Westpfahl,  
Best Practice Self-Directed  
Support Specialist (SDS)  
My Choice Family Care



Takeela Traner, Artist  
My Choice Family Care Member  
TT Art Creations



# What is Family Care?

Family Care is a publicly funded program that assists people in managing their community-based long term care.

The program serves frail seniors and adults with intellectual, developmental, or physical disabilities in managing their long term care.

Capitated model

Defined benefit package

Flexibility in delivery

Self direction available and encouraged

# Family Care Program

Choice

Access

Quality

Cost Effectiveness



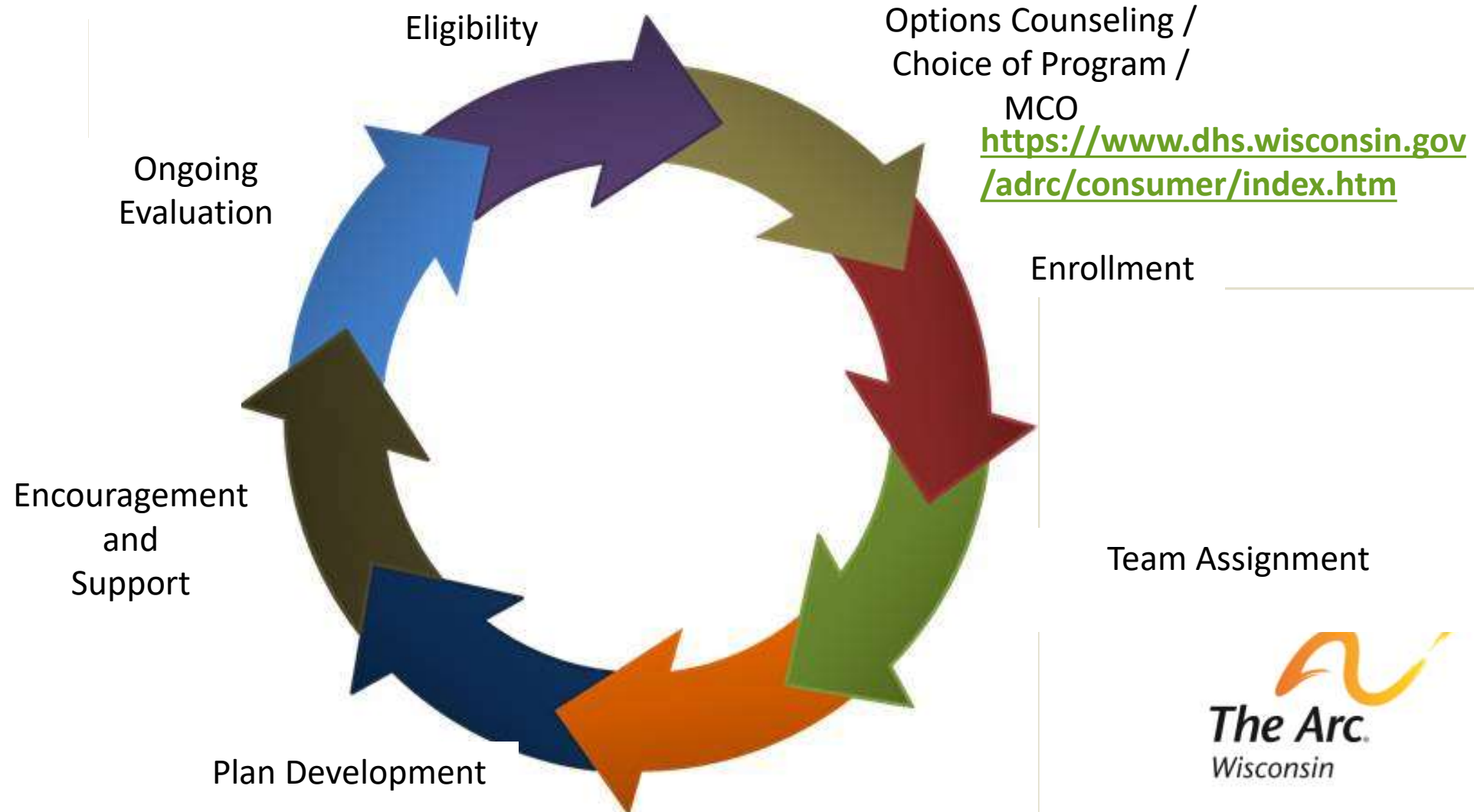
<https://www.dhs.wisconsin.gov/familycare/index.htm>



# Who is Eligible?

- Frail Elders
- Adults with Physical Disabilities
- Adults with Intellectual and Developmental Disabilities

# How does it work?





# Helping People Achieve and Maintain Independence

Paid Supports  
Natural Supports  
Self Direction  
Community Connections



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Dignity and Respect

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Choice and Control

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Fostering Meaningful Relationships

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Contribution and Community

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Financial Responsibility



# Self Direction in Family Care

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- Who's eligible?
- How does it work?



# What is Self-Directed Supports?

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- People being in control of the support they need to live the life they choose
- Taking more responsibility for person decisions and actions
- Self-Directed Supports vs. Self Determination: what's the difference?



# SDS in Family Care vs. IRIS: What's the Difference?

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## FAMILY CARE

- Member-Centered Planning process
- Can choose to self-direct one or more services
- Have the support of a care manager and nurse

## IRIS

- Begins with an individual budget allocation
- All services are self-directed
- Have an IRIS Consultant

# Services Members can Self-Direct

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## Examples:

- Supportive Home Care/Personal Cares
- Transportation
- Home Modifications
- Daily Living Skills
- Supported Employment
- Be Creative!



# Using Self-Direction to Meet Your Goals: A Member Story

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# Self-Directing My Life: Takeela's Story

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- I am 33 and live at home with my Mom
- I am an artist and run my own business
- I self-direct my cares; I employ a friend and my Mom
- I do not keep a regular schedule
- A typical personal care agency shift wouldn't work for me
- Self-direction helps me have control of my life.



# I self-direct the supports for my Art Business

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- I employ an art coach
- She comes to my home every Monday
- She helps me enter art shows and promote my art work
- She is fantastic!

# Check out my art work!



@TTArtCreations on Facebook

# Self-Direction: A Family Perspective

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- A former Family Care nurse
- Self-direction allows planning around the person's life; not the other way around
- A person should be able to decide when they want to go to bed; when they want to get up; when they want to do their laundry
- Self-direction promotes independence and happiness



# Self-Direction Resources

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- <https://mychoicefamilycare.org/self-directed-supports/>
- <https://www.incontrolwi.org/about-sds/>
- <https://www.medicaid.gov/medicaid/ltss/self-directed/index.html>



# Questions & Discussion

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# For More Information

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**My Choice Family Care**  
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