

Self-Directed Supports (SDS) is an option of service delivery for individuals who wish to exercise more choice, control and authority over their supports. SDS is founded on the principles of self-determination. Under this option you have employment and budget authority.

- Employment authority allows you to recruit, hire, train, manage, supervise, schedule and terminate your employee
- Budget authority allows you flexibility over managing your yearly budget allocation. For example, you may request that more services be authorized in one month and less in another or request to change from one approved waiver service to another as long as you stay within the authorized budget



8/25/16

If you want to learn more about
Missouri's Self-Directed
Supports

visit the DMH website by going to:

[http://dmh.mo.gov/dd/progs/
selfdirected.html](http://dmh.mo.gov/dd/progs/selfdirected.html)

If you have any questions about the process you can call your support coordinator or call your developmental Disability Regional office and speak with the Self-Directed Supports Coordinator.

Albany

660-726-5246
800-560-8774

Central Missouri

573-441-6278
888-671-1041

Hannibal

573-248-2400
800-811-1128

Joplin

417-629-3020
888-549-6634

Kansas City

816-889-3400
800-454-2331

Kirksville

660-785-2500
800-621-6082

Poplar Bluff

573-840-9300
800-497-4214

Rolla

573-368-2200
800-828-7604

Sikeston

573-472-5300
800-497-4647

Springfield

417-895-7400
888-549-6635

St. Louis County

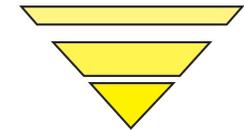
314-877-2711
800-374-6458

St. Louis Tri-County

314-244-8800
800-358-7665

Missouri

DIVISION OF
**DEVELOPMENTAL
DISABILITIES**



**Self Directed
Supports**



**Facilitating
Individualized
Services and Supports**

Improving lives THROUGH
supports and services
THAT FOSTER self-determination.



Fostering Self-determination



SELF-DIRECTED SUPPORTS

The following services may be self-directed:

- **Personal Assistance**
- **Medical Personal Assistance**
- **Community Specialist**

Principles of Self-Determination

Freedom: *Individuals will live a meaningful life in the community and make choices about their lives.*

Authority: *Individuals will have meaningful control over a set amount of dollars that can be used to build the supports they need by purchasing only what is needed and paying for what is received.*

Support: *Individuals will have support to organize resources in ways that are life enhancing and assist them in reaching their dreams and goals. Individuals have a circle of support made up of family, friends, and both paid and unpaid supports.*

Responsibility: *Individuals assume responsibility for giving back to their community, for seeking employment and for developing unique gifts and talents.*

Confirmation: *Individuals are recognized for who they are and what they can contribute, having a leadership role in developing policies that affect their lives and helping others reach success.*

When you choose to self-direct your supports you are the employer and you may choose a designated representative to assist you.



Your support coordinator will assist you and/or your designated representative in understanding the option of self-directed supports.

In you are just beginning to receive services, or currently receive traditional agency-based services, your service coordinator will help you through the process of enrollment.