

Self-Directed Supports (SDS) is an option of service delivery for individuals with developmental disabilities and/or designated representatives 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 and fire employees.

⇒ 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.

Self-direction includes six core components: person-centered planning, individual control of budgets, independent support brokerage, financial management services, a backup plan & quality enhancement & improvement.



If you want to learn
more about
**Missouri's Self-Directed
Supports**
you can access the website
by going to:

<http://dmh.mo.gov/dd/progs/selfdirect.htm>

If you have any questions about the process you can call your service coordinator or call your Developmental Disability Regional Office and speak with the Self-Directed Supports Coordinator (SDSC).

Albany RO

660-726-5246
800-560-8774

Central Missouri RO

573-882-9835
888-671-1041

Hannibal RO

573-248-2400
800-811-1128

Joplin RO

417-629-3020
888-549-6634

Kansas City RO

816-889-3400
800-454-2331

Kirkville RO

660-785-2500
800-621-6082

Poplar Bluff RO

573-840-9300
800-497-4214

Rolla RO

573-368-2200
800-828-7604

Sikeston RO

573-472-5300
800-497-4647

Springfield RO

417-895-7400
888-549-6635

St. Louis County RO

314-877-3400
800-358-7665

St. Louis Tri-County RO

314-244-8800
800-374-6458



MISSOURI DIVISION OF
DEVELOPMENTAL DISABILITIES

Self-Directed Supports



**An Option for
Individuals with
Developmental
Disabilities.**



Self-Directed Supports are founded on the principles of Self-Determination.

GUIDING PRINCIPLES of SELF-DETERMINATION

Self-Determination is a broad concept that means you have overall control of your life and are part of your community. It is based on five basic principles:

Principle 1

Freedom: You have the freedom to plan and create a meaningful life for yourself.

Principle 2

Authority: You have authority over the money used to support you. With your individual budget you can purchase the supports you need to live the life you have chosen. You will pay for just what you need and receive.

Principle 3

Support: You get the support you need to live the life you want. You have a circle of supports around you which is made up of family, friends, paid and unpaid supports, and other natural supports.

Principle 4

Responsibility: You have the responsibility for using your individual budget wisely, helping with your own support and for giving back to your community. You cannot have freedom without taking on more responsibility. You can assume responsibility for giving back to your community, for seeking employment whenever possible, and for developing your unique gifts and talents.

Principle 5

Confirmation: You can be an important part of your community based on what you give back. You can have a leadership role in the design of government and the services used to support all people with developmental disabilities.



SELF-DIRECTED SUPPORTS

The following services may be self-directed:

- ◆ Personal Assistant
- ◆ Community Specialist*
- ◆ Support Broker

*not available in Autism Waiver

When you choose to self-direct your supports you or your designated representative is the employer.



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