



# Take the Lead with Self-Directed Home and Community-Based Services (HCBS)

[Home and community-based services \(HCBS\)](#) allows some Medicaid beneficiaries with disabilities to receive care in their homes or communities. Examples of HCBS services include help with hygiene, meals, and transportation. Self-directed HCBS allows the participant to manage their care rather than an agency.

A recent study highlighted some benefits of **self-directed HCBS**, including:

- Greater choice in hiring trusted people, like family and friends to work as personal care assistants.
- More say about when and what these assistants do.

## Your Care, Your Way

Recent changes in federal funding have provided opportunities for states to expand self-directed HCBS.

Check if your state offers self-direction to manage your care and services.

[Learn more](#) about self-directed HCBS.

Caldwell, J., Heyman, M., Atkins, M., & Ho, S. (2022). Experiences of individuals self-directing Medicaid Home and Community-Based Services during COVID-19. *Disability and Health Journal*, 15(3), 101313. <https://doi.org/10.1016/j.dhjo.2022.101313>