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. <u>https://doi. org/10.1016/j.dhjo.2022.101313</u>

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Center on KNOWLEDGE TRANSLATION FOR DISABILITY & REHABILITATION RESEARCH The contents of this product were developed under grant award number 90DPKT0010 from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this product do not necessarily represent the policy of NIDILRR, ACL, HHS, and you should not assume endorsement by the Federal Government.