



## DARE TO DREAM

# The past, present and future of self-direction in Minnesota

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# Presentation Objectives

The audience will:

1. Understand the history of self-directed services in Minnesota (“Past”)
2. Learn about the successes and challenges in today’s self-directed services (“Present”)
3. Understand the state’s future vision of self-directed services (“Future”)
4. Offer input/feedback to help inform future policy direction



# Past

**The origin of self-direction in  
Minnesota**

# Minnesota self-direction timeline – 1995

A large blue arrow pointing to the right, representing a timeline. A green dot is positioned at the start of the arrow, with a vertical green line extending downwards from it to a text block.

**1995: Initial  
legislation passed**

- To create the Consumer Support Grant (CSG) program
- To establish Developmental Disabilities Pilot Projects

# Minnesota self-direction timeline – 1995-1996



**1995:** Initial legislation passed

**1996: Proposal- Robert Wood Foundation grant**

Minnesota submitted a proposal to the Robert Wood Johnson Foundations national program (Self-determination for persons with development disabilities).

# Pilot launched 1997

1995:  
Initial  
legislation  
passed

1996:  
Proposal-  
Robert Wood  
Foundation  
grant

**1997:** Pilot  
launched and  
DD waiver  
amendment  
approved

- Three counties
- Developmental Disabilities (DD) waiver only



# Primary goals of the Pilot (1997)

- Person-centered planning
- Person controls:
  - Housing
  - Providers
  - Support staff
  - Type/amount of support
- Outcome-based quality assurance
- Education and support



# Pilot 1997: Key principles of self direction

Freedom



Support



Authority

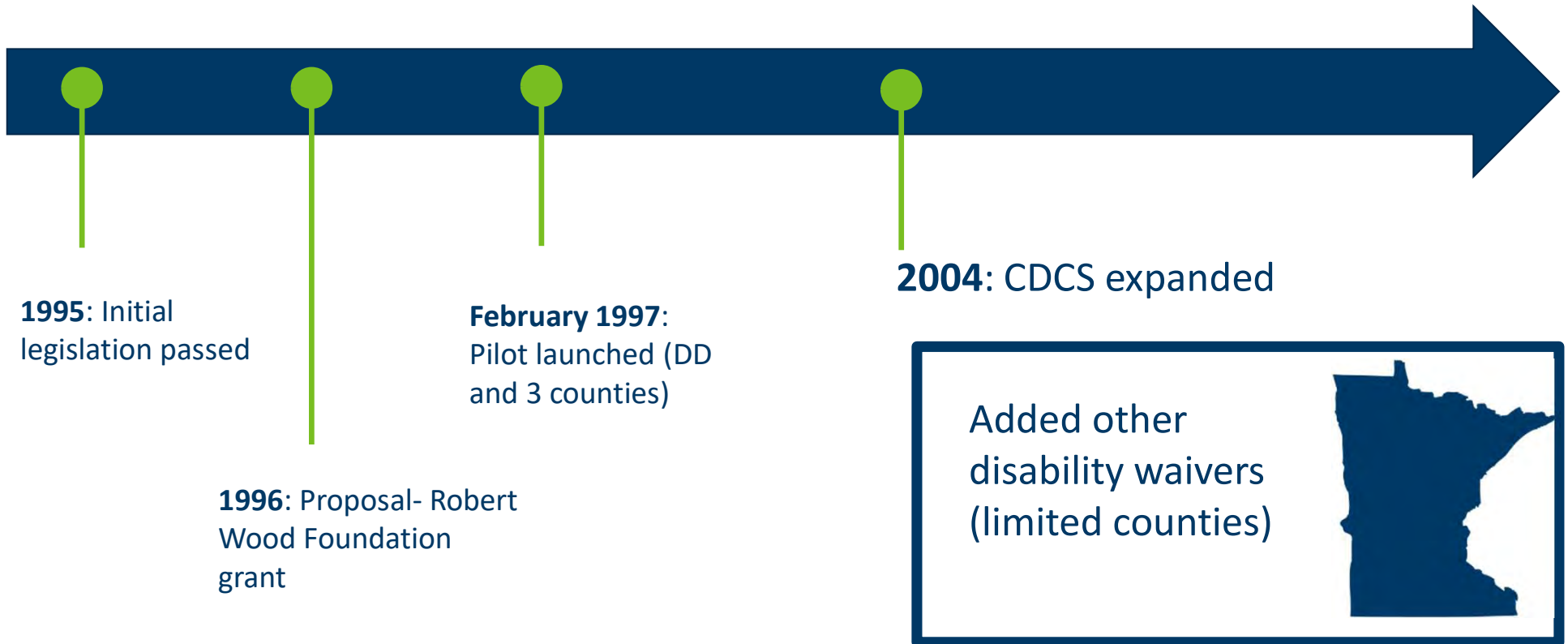


Responsibility





# Expansion - 2004



**2004:** CDCS expanded

Added other disability waivers (limited counties)



# CDCS available state-wide



**1995:** Initial legislation passed

**1996:** Proposal- Robert Wood Foundation grant

**1997:** Pilot launched & waiver amendment approved

**2004:** CDCS expanded – all waivers, but limited counties

**2005:** CDCS available state-wide



# Personal Experience



Present

# Where are we today?

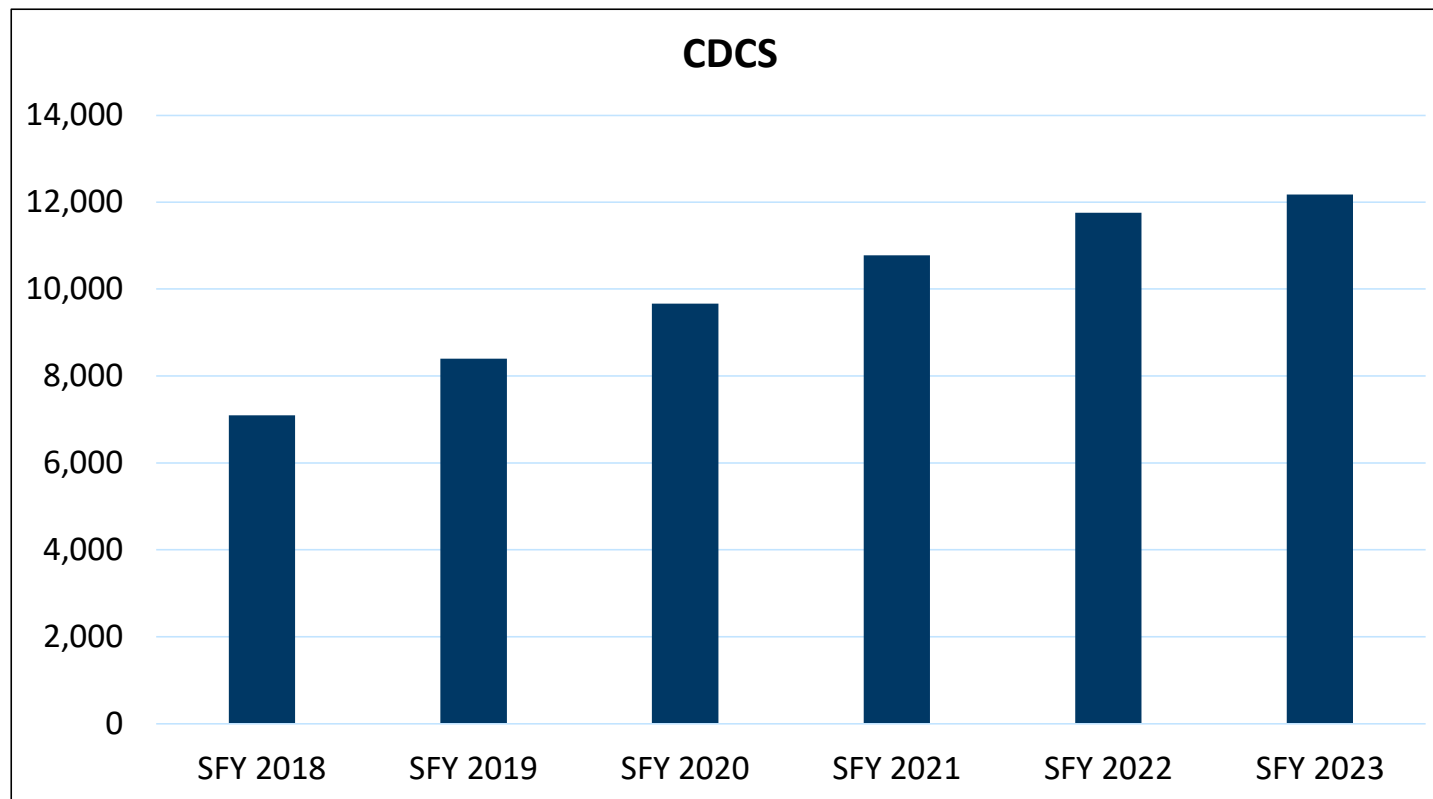
- Who is using self-directed programs today?



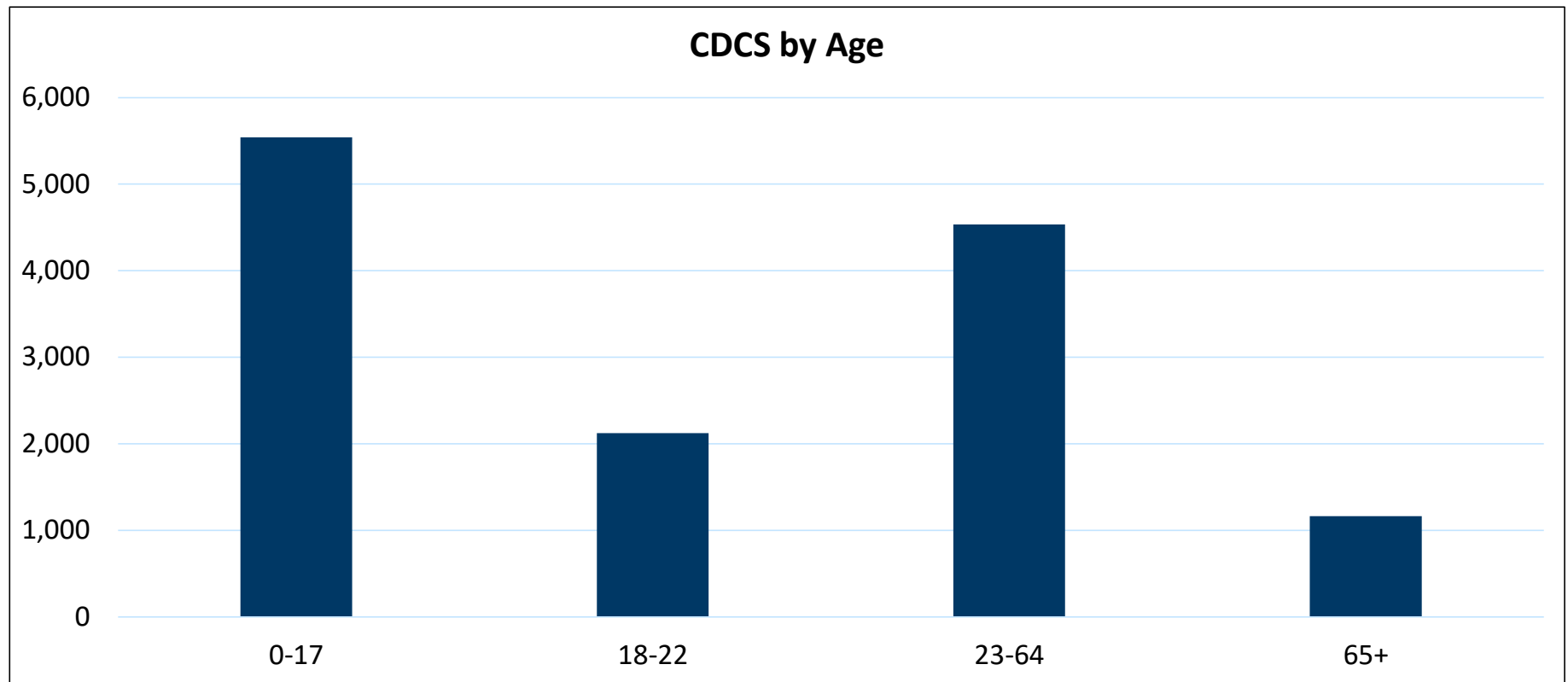
# Growth of Self-directed programs



# Where are we today?

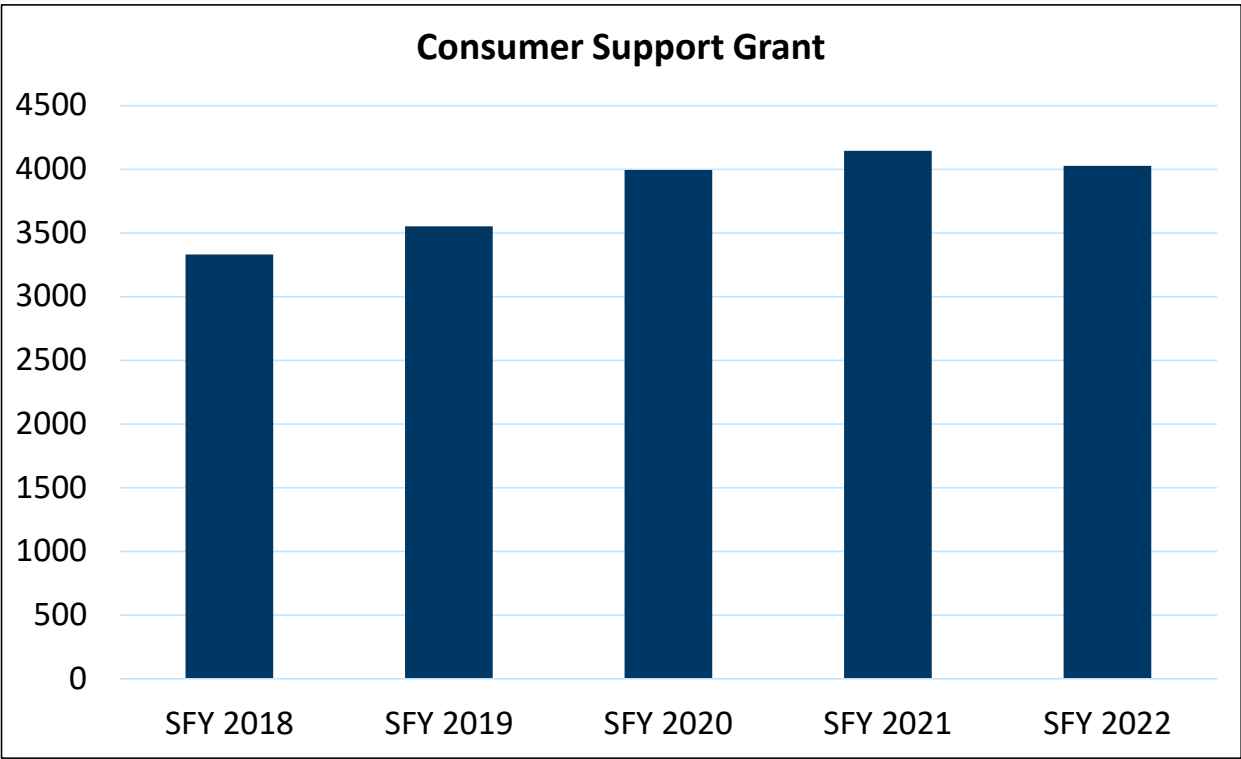


# Where are we today?

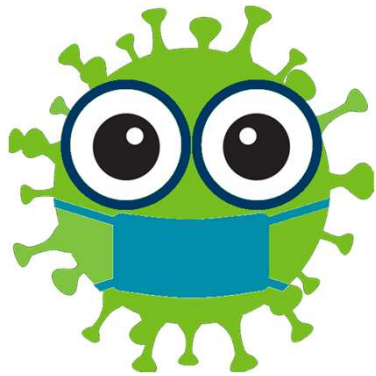




# Where are we today?



# What have we learned? Flexibility



## COVID

Choices already available  
helped avoid disruptions



## Workforce shortage

Choices alleviate workforce shortage

# What have we learned through evaluation?

- ❖ Human Services Research Institute (HSRI) evaluation and analysis
  - ❑ To maximize people's ability to use and benefit from self-direction
- ✓ Self-direction is for everyone
- ✓ Self-direction should empower individuals with disabilities
- ✓ Self-direction results in preferred personal outcomes



# What have we learned through evaluation?

Individuals self-directing their services:

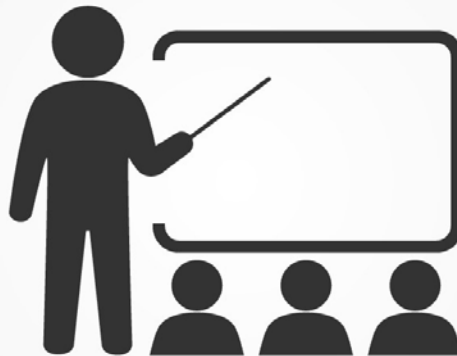
- Value consistency
- Want simplicity: user-friendly tools and resources & a simpler self-direction program that allows people to easily access and manage the services they want.
- Value personal choice and person-centered flexibility
- Believe that most (if not all) services should be available for self-direction.



# What have we learned through evaluation?

## ❖ Recommendations made by HSRI:

- Provide training and information
- Provide information regarding paying family members and spouses



# What have we learned through evaluation?

## Evaluation of self-directed programs

### ❖ Recommendations made by HSRI:

- Provide clear and easy to navigate tools for individuals
- Finalize policies related to self-direction
- Ensure risk management methods to support people to take informed risks



# What have we learned?

## Participation in a Self-Direction Learning Collaborative

National Center on Advancing Person-Centered Practices and Systems (NCAPPS)

### ❖ Minnesota teams

1. Evaluation of the components of self-directed services
2. Creation of self-direction conference



# Current challenges

## System difficult to navigate

- When families meet with county, they don't always know how to describe the challenges and what they could ask for
- It is very confusing for families to have a CSP from the assessor, CSSP from the CM, and possibly a CDCS plan
- Not clear on the roles and process (i.e. assessor, case manager, CDCS support planner, Financial management services (FMS) provider)





# Current challenges

- Administration of CDCS (lead agencies)
  - Inconsistencies within and across counties
  - Evaluating individual needs/solutions with policy sometimes 'vague'
  - What services are covered and not covered under the CDCS option

Knowledgeable lead agency staff are vital for providing accurate information about self-direction and managing self-direction consistently across lead agencies.

# Ways to improve

- Education and information – knowledge is key! Improve training for all.
  - ❖ Participants
  - ❖ Lead agencies
  - ❖ CDCS Support Planners
- Informed choice and selection of services- clear understanding



# Ways to improve

- Understanding roles and responsibilities of self-direction
- Clear roadmap/checklist
- Update and clarify policies
- Consistent administration throughout the state
- Budget equity



## Current projects – Guidance from CMS



### Recent guidance from CMS – The “unbundling” project

- Update service categories
- Group ‘like’ services together
- Establish clear service definitions
- Define specific provider qualifications

Future

# Expansion of self-direction

DHS is exploring how to expand and improve Minnesota's self-directed service options under a two waiver system (Waiver Reimagine).

- Currently, CDCS is not available to people who access residential services



- The goal is to be able to offer the option for everyone to be able to self-direct their services, regardless of living arrangement

# Expansion of self-direction

## *Informed choice in Self-Direction Policy*

2020 Legislation

It is the policy of this state that adults who have disabilities and families of children who have disabilities:

- Can direct their care; and
- Have a right to make an informed choice to self-direct their services

This means that DHS must:

- Ensure that each person is offered the opportunity to choose self-directed services before being offered services that are not self-directed

# Self-direction Policy Collaboration Proposal

MN Team from the NCAPPS Learning Collaborative has proposed a charter for an ongoing-self-direction policy collaboration committee

## **Who:**

- Individuals with lived experience who receive services, self-direct or those who support them

## **What:**

- To engage in relevant discussion and collaboration with other interested parties including DHS, lead agencies and others
- To make recommendations to DHS leadership and policymakers as the state looks to expand self-direction in the coming years.

## **Why:**

- To elevate the voices of those receiving services in the state of MN
- To inform and influence policies and procedures regarding self-direction



# Community First Services and Supports (CFSS)

- Community First Services and Supports (CFSS) will replace Personal care assistance (PCA) and the Consumer Support Grant (CSG).
- CFSS will offer flexible options and allow people greater independence in their homes and communities.
- CFSS will offer two service delivery models:



❖ Agency model



❖ Budget Model

# Input/Feedback

- *We want to hear from you!*



# Resources

- [Disability Contact Form](#) – general questions related to home and community services and supports
- [Disability Hub MN](#) - A free statewide resource network
- [CDCS Policy Manual](#)
- [CDCS Public Web](#)
- [Community First Services and Supports](#)
- [Waiver Reimagine](#)
- [Minnesota Senior Linkage Line](#)

# Thank You!

**Disability Services Division**