



Your Guide to Community First Services and Supports (CFSS)

Community First Services and Supports (CFSS) is a Minnesota program. It helps people live more independently at home and in their communities. It also offers flexible options and better control over your services.

CFSS is replacing the current Personal Care Assistance (PCA) and Consumer Support Grant (CSG) programs. So if you're on PCA or CSG, you'll need to transition over to CFSS.

How CFSS Is Similar to PCA and CSG

CFSS covers many of the same services as PCA, including help with:

- Daily living activities (eating, bathing, grooming, mobility)
- Health-related tasks (medication, exercises, monitoring disorders)
- Household chores (cooking, laundry, shopping)
- Observing and redirecting behavior



Eligibility Qualifications for CFSS

- Be able to direct your own support or have a representative direct support for you.
- Not live in a nursing facility.
- Be enrolled in one of Minnesota's health care programs.
- Get a MNChoices assessment (the lead agency does this assessment)
- Not be using the Family Support Grant.

How CFSS Offers More Choices and Support for You

While CFSS will provide many of the same services as PCA, it includes new options. You can continue to receive services through an agency provider, or you can use the budget model.

CFSS Choices and Supports

1 Hire Family Members
Your spouse or the parent of a minor can now serve as your paid support worker.

3 Buy Goods and Services
You can buy goods and services that help you live more independently. This includes assistive technology or emergency response systems.

2 Customize Your Service Delivery Plan
You'll work with a consultation provider (like Harry Meyering Center) to create your service delivery plan.

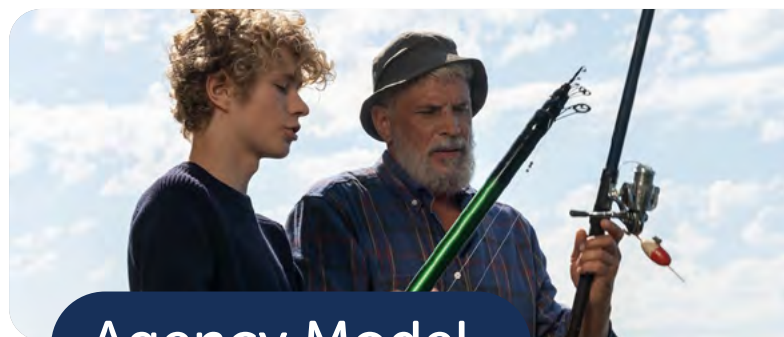
4 Access Training
Use your training budget to make sure support workers are well-prepared. Your provider agency will use the budget (in the agency model) or you can use the budget (in the budget model).



Budget Model

You receive a budget to become the employer of your support workers. This gives you full control over hiring, training, and managing your own staff. A financial management services provider (FMS) will help you with payroll.

This is a good choice if you want full control over choosing the wages and hours for your employees.



Agency Model

You select an agency to employ your support workers. The agency handles everything for you. This includes recruiting, hiring, training, supervising, and paying your workers.

This is a good choice if you want to spend less time on administrative work and more time doing what you love.

How to Get Started With CFSS

If you're eligible for CFSS, your assessor will tell you when it's time to start the program. Then, your first step will be to work with a consultation service provider. **Together, you can develop a service delivery plan that fits your budget and meets your needs.**

We're here to support you every step of the way.

Call or Text: 507.387.8281

Website: harrymeyeringcenter.org/cfss



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