

CDCS

Consumer Directed Community Supports

A Medical Assistance waiver service that
lets you take more control of your life



Minnesota Department of Human Services

What is CDCS?

You are an expert on your needs. Now, you can use what you know to make your life work better. Consumer Directed Community Supports (CDCS) is an exciting home and community-based waiver service that lets you make more key choices about supports. Your supports and services will continue to be paid for through a Medical Assistance (MA) waiver program, but you will take more control. You'll choose the services that fit your assessed needs. You'll decide who will provide them. Of course, this level of self-reliance puts new responsibilities on you, too. Your case manager or service coordinator will partner with you on your decisions and planning. The Minnesota Department of Human Services is committed to helping you achieve that control and handle those responsibilities.

Who is eligible for CDCS?

CDCS will be offered to people throughout Minnesota who are enrolled in the following programs:

- Community Alternative Care (CAC) Waiver
- Community Alternatives for Disabled Individuals (CADI) Waiver
- Elderly Waiver (EW)
- Mental Retardation and Related Conditions (MR/RC) Waiver
- Minnesota Senior Health Options (MSHO)
- Minnesota Disability Health Options (MnDHO)
- Traumatic Brain Injury (TBI) Waiver

Can anyone get CDCS?

CDCS is a waiver service. It is only available for people on a Medical Assistance (MA) waiver program. CDCS is not available for a person living in a hospital, nursing home, intermediate care facility for people with mental retardation, foster care, or other licensed or registered setting.

How will I benefit from CDCS?

You will be in charge of your MA services. You will be able to choose services and supports that fit your assessed needs. You'll do this in partnership with your case manager or service coordinator. Under CDCS, you'll manage a budget for your MA waiver services. You'll have the power and responsibility to use that budget to:

- Create your own service plan
- Choose where and when the services are provided
- Choose your support workers and determine how much to pay them.

How is my CDCS budget set?

Budget levels for people with similar needs will be consistent across Minnesota. Your personal budget will be set using the information on your needs from your assessment and screening documents. Equal treatment is at the heart of the budget-setting process.

Can I choose anything I want?

There are reasonable limitations. Your case manager or service coordinator will consult on your choice of services to make certain your basic needs are met and approve your plan. The state has guidelines about which expenses are allowable and which are not. You will have to follow the federal and state MA regulations. Your case manager or service coordinator will help you.

Can I spend as much as I want?

You will become the manager of your yearly budget. You can use all of your budget for services and supports described in your approved plan, but you cannot spend more than your budget during the year.

Can I hire anyone I want?

You can hire family members, friends, neighbors and others, including traditional providers, as support workers. It's a new level of control of your life. Using CDCS, spouses or parents of minors can be paid to perform support tasks they would not perform under other circumstances. There is a payment limit of 40 hours a week for a spouse, or for both parents combined.

I am on the MR/RC waiver and receive services through CDCS now. What will change for me?

It depends on where you live and what services you are receiving through CDCS. For many people, nothing will change. However, CDCS is not available for people living in licensed or registered settings. If you live in a licensed or registered setting, you will be able to choose:

- To stay in your current living situation, leave CDCS and return to traditional waiver services; or
- To continue using CDCS for your services and support, move into your own home or your family's home.

To help make this choice, consult with your case manager or service coordinator. Discuss the goals of your current living situation and determine whether they will be met on CDCS.

I've never directed my own MA services. How will I know what to do?

Directing your own supports may involve learning new skills, such as managing employees, following regulations and controlling your budget. A toolkit is available to help you with these tasks. It includes:

- Information on your rights
- Workbooks to help you create a plan

- Information and forms to fulfill your responsibilities as an employer
- Information on how to manage the workers you hire.

Family and friends with business experience can give you advice. Directing your own services is a bit like managing a small business. Choice and control have challenges, and we want to help you meet them.

I am on a waiver now and want to learn more about using CDCS. What do I need to do?

Contact your case manager or service coordinator for more information, so you can make an informed decision whether CDCS is right for you.

What if I don't want to continue with CDCS?

You can choose to change the waiver services you receive at any time. Contact your case manager or service coordinator.

When is CDCS available?

We will begin implementing CDCS in October 2004 in certain counties. We plan to have it available everywhere in Minnesota by April 2005.

Your Right To Fair Treatment

You have the right to fair, non-discriminatory treatment. The Department of Human Services cannot discriminate against anyone because of his or her race, color, national origin, religion, sex, age, marital status, or because of physical, mental, or emotional disability. If you feel you were discriminated against for any of these reasons, you may file a complaint with the Minnesota Department of Human Services, 444 Lafayette Road, St. Paul, MN 55155; the Minnesota Department of Human Rights, 190 East 5th Street, Suite 700, St. Paul, MN 55101; or the U.S. Department of Health and Human Services, Washington, D.C. 20201.

For additional information,
go to www.dhs.state.mn.us

or

contact your county social services agency

or

public health nursing service

or

health plan

or

Minnesota Department of Human Services
Disability Services Division

or

Aging & Adult Services Division

444 Lafayette Road North
St. Paul, Minnesota 55155

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