

# Innovative Practices in Self-Direction

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# Agenda

- Describe ASD/AARP collaboration
- Overview of current status of self-direction per the *AARP Scorecard*
- Highlights of innovative practices in four states
  - Texas
  - Iowa
  - Wisconsin
  - Florida

# Innovative Strategies Report

AARP and Applied Self-Direction recently partnered to published an AARP report entitled [\*Taking it to the Next Level: Using Innovative Strategies to Expand Options for Self-Direction\*](#)

- Reviewed data and trends on self-direction
- Identified 4 states using interesting strategies in self-direction programs
- Described lessons learned from those states



# Program Enrollment is on the Rise

## *2016 National Inventory of Self-Directed Program study findings*

- 253 programs (all states and DC)
  - 8% ↑ since 2011
- Over 1 million participants enrolled in Medicaid-funded and VD-HCBS programs
  - 43% ↑ since 2011
- Number of statewide programs also on the rise
  - At least 189 programs – up from 116 in 2013

# Why an Innovative Strategies Report?

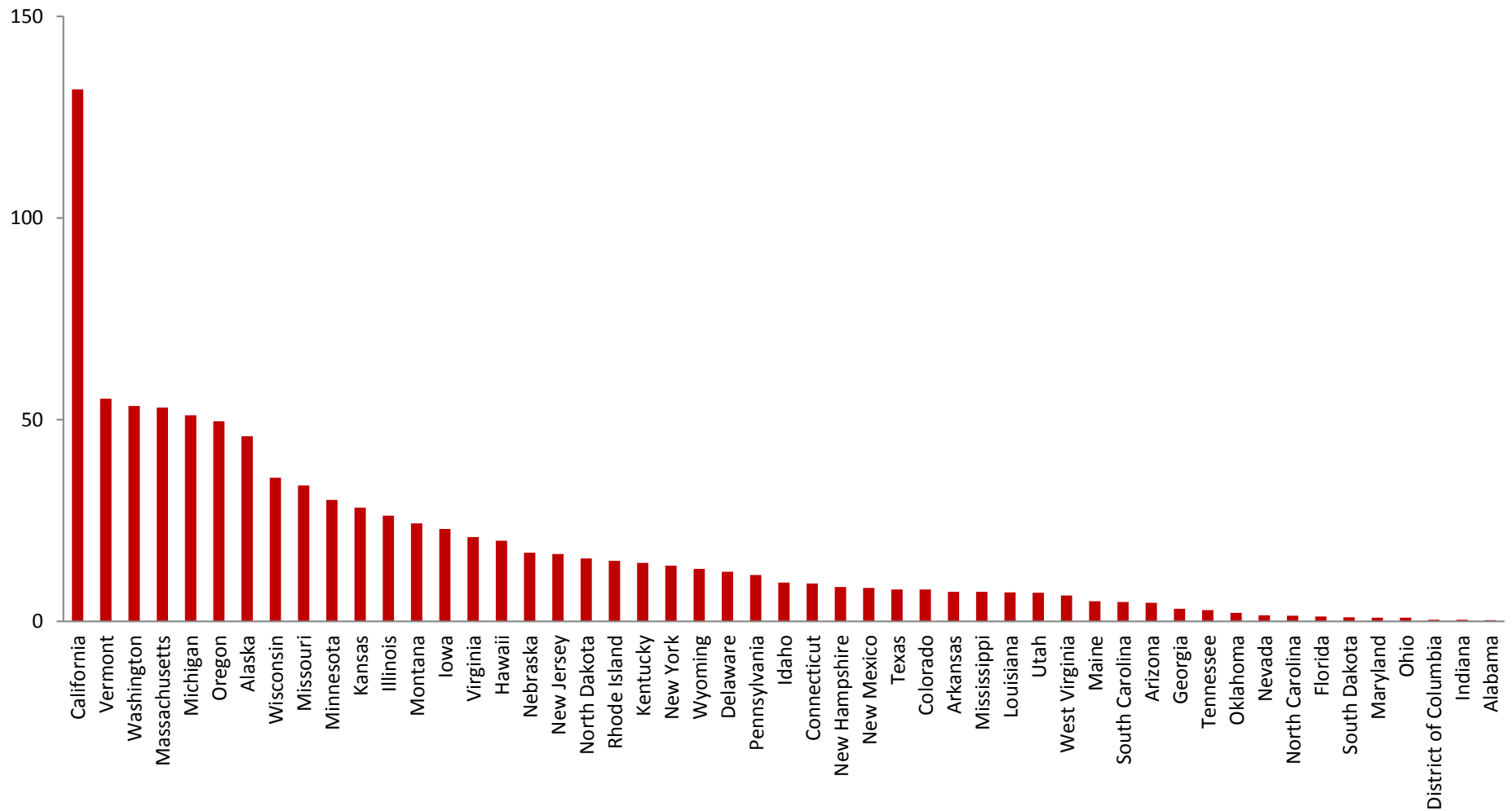
*State LTSS Scorecard: [www.longtermscorecard.org](http://www.longtermscorecard.org)*

Key component of a high-functioning LTSS system

- Number of people self-directing services per 1,000 population with disabilities
- In the top five states, 71 per 1,000 people with disabilities self-directed their services in 2016 versus < 1 per 1,000 in the bottom five states
- Many states have almost no self-direction

# State Rates of Self-Directed Services for People with Disabilities

Number of People Self-Directing Services per 1,000 People with Disabilities



Source: State Long-Term Services and Supports Scorecard, 2017.

# Why an Innovative Strategies Report (cont.)?

- Opportunity to help states pick up the pace of change
- Share information about a sample of innovative and promising practices & program resources
- Can be used for training, education, collaboration, and replication



# Content of the Report

- Highlights innovative strategies
- Sample of program resources with hyperlinks
- Point of contact for additional information and guidance

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**Long-Term Services and Supports Scorecard  
Innovative and Promising Practices**

**Taking It to the Next Level: Using Innovative Strategies to Expand Options for Self-Direction**

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[www.longtermsupportscorecard.org](http://www.longtermsupportscorecard.org)

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# Benefits of Expanding Program Opportunities

- Many benefits
- Addresses workforce shortages
  - Majority of people receiving self-direction services (~3/4) are older adults and people with physical disabilities
  - Aging population + challenges in rural settings
  - Many states allow self-directing participants to hire family members

# Possible Barriers

- Taking self-direction programs to the next level is not without its challenges
  - ❑ Highly individualized nature of each service plan
  - ❑ Concerns about ability of plan participants to manage their services effectively
  - ❑ Silos and inability to go it alone – need for internal collaborations and external partnerships
  - ❑ Time and resources

# Self-Directed Programs in Four States: Texas, Iowa, Wisconsin, Florida

- Innovative approaches to:
  - ❑ Develop and expand their programs
  - ❑ Coordinate and personalize services
  - ❑ Promote stakeholder engagement and outreach
  - ❑ Implement effective training programs



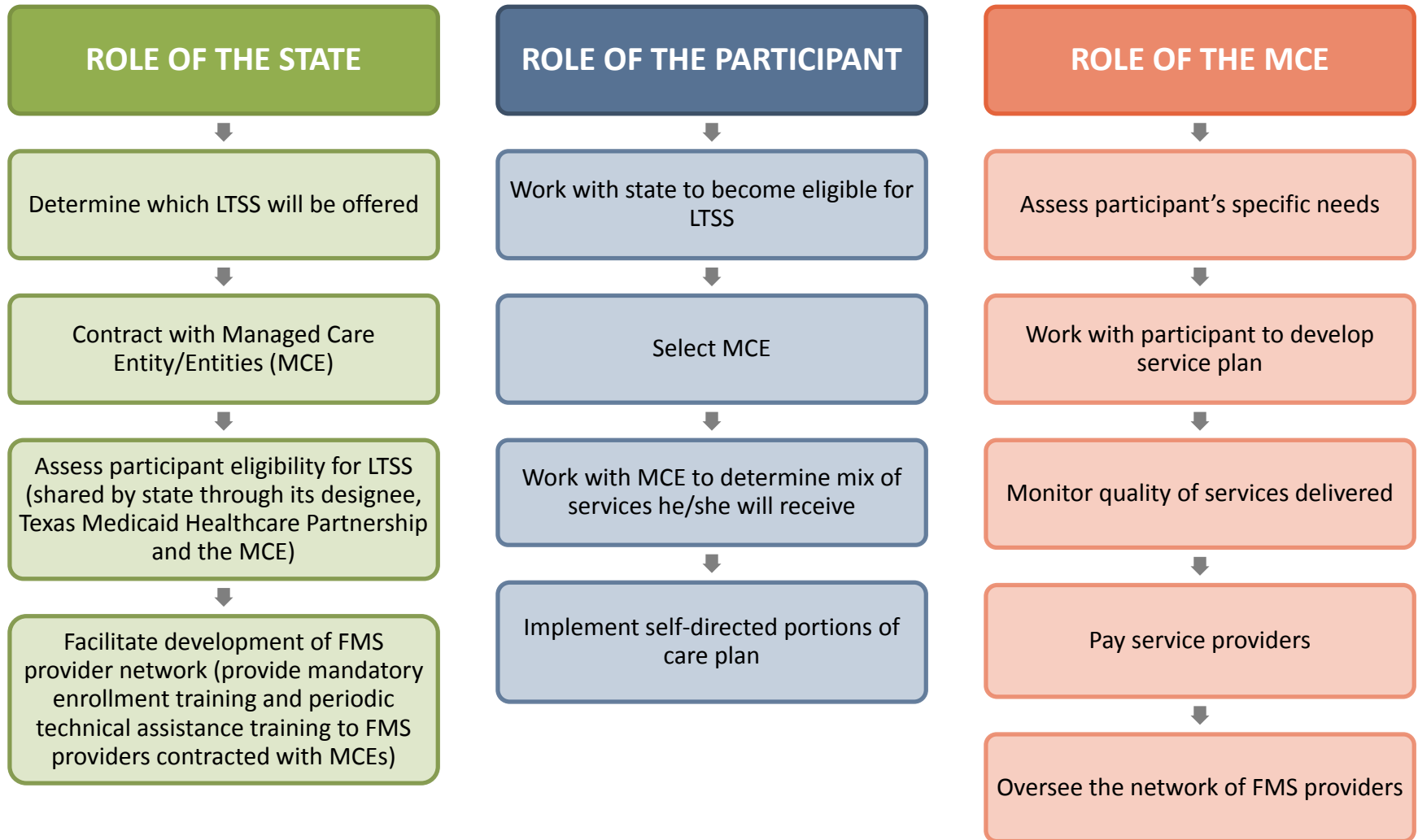
# Four State Programs

- Texas
  - STAR+ Plus Consumer Directed Services (CDS)
- Iowa
  - Consumer Choices Option (CCO)
- Wisconsin
  - Include, Respect, I Self-Direct (IRIS)
- Florida
  - Veteran-Directed Home and Community-Based Services (VD-HCBS)

# Texas STAR+ Plus CDS

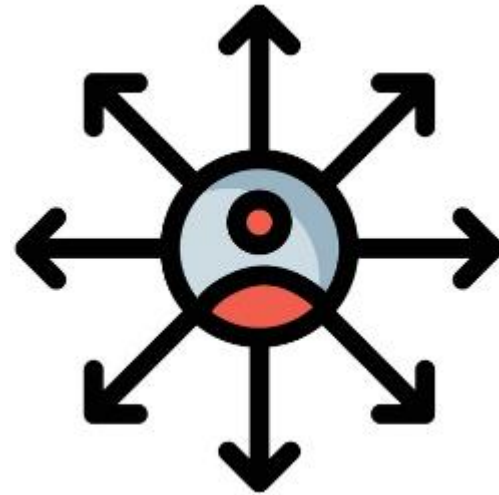
- MLTSS program
  - ❑ Covers almost all of Texas LTSS population of older adults and people with disabilities
  - ❑ Requires managed care providers to offer services coordination as a basic service
- Successful transition
  - ❑ Slow and methodical statewide rollout
  - ❑ Strong service coordination
  - ❑ Emphasis on quality
  - ❑ Robust participant and stakeholder involvement

# Who Does What In Texas STAR+ Plus



# Iowa's CCO Program

- Single self-direction program
  - ❑ Not a one-size-fits-all program
  - ❑ Uses a flexible approach founded on person-centered principles
- Maximizes access and choice
  - ❑ Developed a single self-direction flexible program option serving 6 of the state's 7 LTSS populations
  - ❑ Uses budget authority to maximize participant choice
  - ❑ Developed a strong support network based around the FMS provider



# Wisconsin's IRIS Program

- Person-centeredness
  - ❑ Focus on the participant's needs and goals
  - ❑ Remain in community for as long as possible
- Maintains person-centered culture
  - ❑ Maximizing choice from the get-go
  - ❑ Using shared decision-making instead of bureaucratic rules to resolve difficult issues
  - ❑ Offering strong support that enables participants to be in charge





# Florida's VD-HCBS Program

- VD-HCBS Partnership program
  - Local VA medical center and ADRC
- Startup guidance
  - Being ready when a partnership opportunity arises
  - Developing and trusting the partnership
  - Proving value to bolster the partnership



# Questions?



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