



Trends & Opportunities for Self-Direction after COVID-19

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— • HCBS: Pressing Needs and Unprecedented Opportunities

Challenges	Opportunities
COVID-19 <ul style="list-style-type: none">• Settings• Co-morbidities• Health care access	Administration prioritizing HCBS
Racial and Social Inequities	Legislative Attention and Funding: <ul style="list-style-type: none">• ARPA Investments• Legislative proposals highlighting the merits of self-direction
Direct Support Professional Crisis	
Assuring Health and Welfare in Self-Directed Services	

Self-Direction:

— State Drivers to Build and Strengthen

An additional tool in the effort to expand potential workforce and to deploy non-traditional means to support individuals

Opportunities to leverage flexibilities of self-direction to improve access and responsiveness for underserved communities

States continue efforts toward HCBS regulation compliance – seeking additional strategies for maximizing autonomy and choice

Building infrastructure for quality and continuous learning within self directed service

The Pandemic Exacerbated an Already Fragile Situation

Across states that included the COVID-19 Supplement in their Staff Stability Survey, 33.0% of agencies reported having closed locations/sites in response to the COVID-19 pandemic.

Almost half, 47%, reported stopping the delivery of some supports either temporarily or permanently.

About 15% reported paying family members to serve as support providers during the pandemic.

Next Generation Self-Direction Opportunities



Individually Focused:

- Information and assistance – high caliber, well-structured, nimble and **culturally and linguistically proactive and responsive**
- **Clear role identification** and expectations for collaboration with **clear policies and information sharing**
- Thorough information for families on the **rights and responsibilities** available within self-direction; provided in multiple modalities to ensure understandability

Next Generation Self-Direction Opportunities



Systemically Focused:

- **Contracts and agreements with partners** – simplicity wherever possible; clear expectations
- **Using data to inform policy** – expectations, periodicity, data elements
- Quality improvement that provides insights into **experience of individuals self-directing services**

ARPA Investments – Historical Juncture



- Several states have included self-direction as target for ARPA investments
 - Enhancing opportunities for self-direction, including expanding to different populations or expanding employer or budget authority or both
 - Improving infrastructure in support of self-direction, including researching opportunities for improvement and successful strategies nationally

OK, DC NY, NM, MO, KY, IA, CT and CA*

*May not be exhaustive list as of 4.11.2022

Challenges We Need To Tackle



- **Systemic Biases** within self-directed programs
 - Opportunities to identify and address so that self-direction truly becomes an option for ALL individuals
 - Explore community focused/local partners to design strategies that are further equitable access to self-directed services

Challenges We Need To Tackle



- **Health and Welfare** within self-directed programs
 - Many states struggle with strong practices for identifying incidents of abuse, neglect and exploitation for individuals living in their own homes and/or family homes
 - This is also the case in self-directed services; policies governing reportable incidents are varied; roles for investigation and follow-up may not be well-structured;
 - States may not have structures in place to ensure services are delivered in the best interest of individuals

Strategies for Assessing State Practices for Incident Management Continuous Improvement

- Periodic review of all governing documents and responsible roles
- Routine provision of understandable information to all those involved with the critical incident management system
- A process to regularly review the overall incident management system to assure it is effective and balanced
- These practices need development in self-directed services as well



A Vision for Next 25 Years



Cash and Counseling and Self-Determination Initiatives blazed a trail for the first quarter century of self-direction within Medicaid

There are many strengths across the country upon which to build – and opportunities to ensure a fully inclusive option for individuals, regardless of age, disability, support need, language, race, ethnicity, socio-economic status, sexual identification and other elements of intersectionality



Questions?



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