

Fairfax-Falls Church Community Services Board

Self-Directed Services

**FOR INDIVIDUALS WITH INTELLECTUAL
DISABILITY AND THEIR FAMILIES**



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The Challenge

With limited public resources, provide day support and employment services to increasing numbers of adults who have intellectual disability, including public school special education graduates and general community members.

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The Environment

- More families seeking more individualized services.
- More special education students with intellectual disability graduating from Fairfax County Public Schools.
- Fewer and less varied community-based employment opportunities.
- More people on wait lists for placement with day support and employment service providers.
- Aging service population.
- Limited resources for day support and employment services.

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The Solution

Develop a new, person-centered service option that gives individuals with intellectual disability and their families the ability to select services best suited to their needs within an individualized, capped budget.

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Collaboration

County Government and Community Partners

- ✦ Fairfax County Board of Supervisors
- ✦ Fairfax-Falls Church Community Services Board (CSB)
- ✦ County Executive, County Attorney
- ✦ Fairfax County Departments: Management and Budget, Purchasing and Supply Management, Administration for Human Services
- ✦ The Arc of Northern Virginia
- ✦ Other service providers
- ✦ Public participation through focus groups and presentations

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Service Philosophy

- Enhance individualized service plans to better meet service recipients' needs and preferences.
- Build upon service recipients' natural supports and community.
- Reorient service use and expenditures toward services each family and service recipient prioritizes and finds meaningful.

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Why Self-Directed Services?

Families entering Self-Directed Services prefer services that:

- Are part-time
- Are provided one to one
- Offer activities not available elsewhere
- Are closer to home
- Are provided by people they know personally

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How It Works

CSB **contracts directly with families** and provides funds for them to purchase direct training, support and supervision services **of their choice** for their family member.

How It Saves Tax Dollars

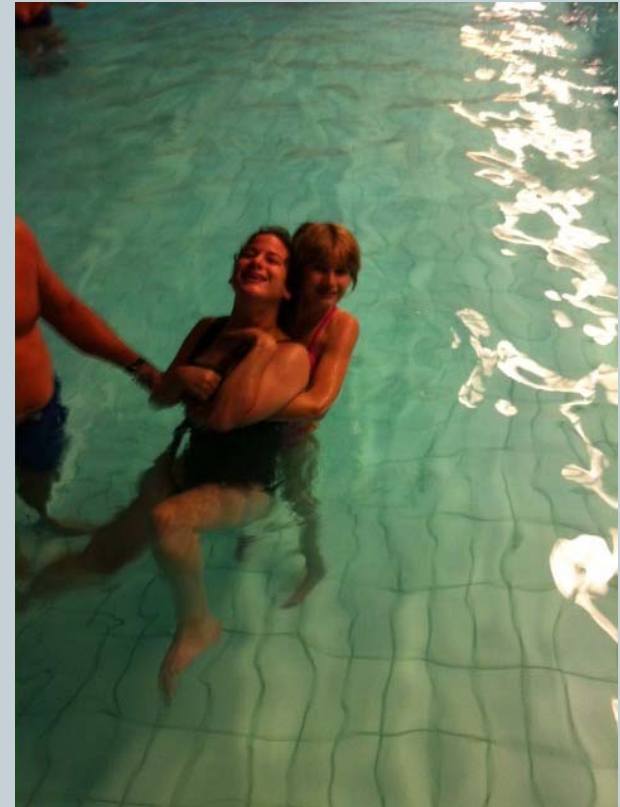
Funding is 80% of the annualized cost of such services if the CSB provides them through a contracted service provider.

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What Families Say

“SDS gives us the ability to design a program appropriate for our family member. While it is a lot of extra work, we also appreciate the ability to pick our own caregivers and have some flexibility in what we pay them.”



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Partners for Successful Service

- Service recipients and their families
- CSB support coordinators and interdisciplinary teams
- Self-Directed Services program staff
- Other Self-Directed Services participant families

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What Families Say

“The SDS funding has allowed the flexibility and opportunity for our daughter to fully participate in activities in the community that are more meaningful and most importantly: her choice. We thank you for this choice.”

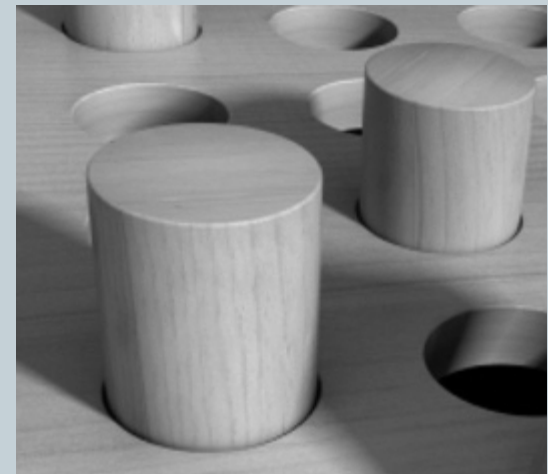


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Self-Directed Services Bring...

- Greater service management to the family and service recipient.
- Increased and expanded individualized service options and plans.
- Greater flexibility in scheduling and receiving services.
- Service choices in the service recipient's home community.



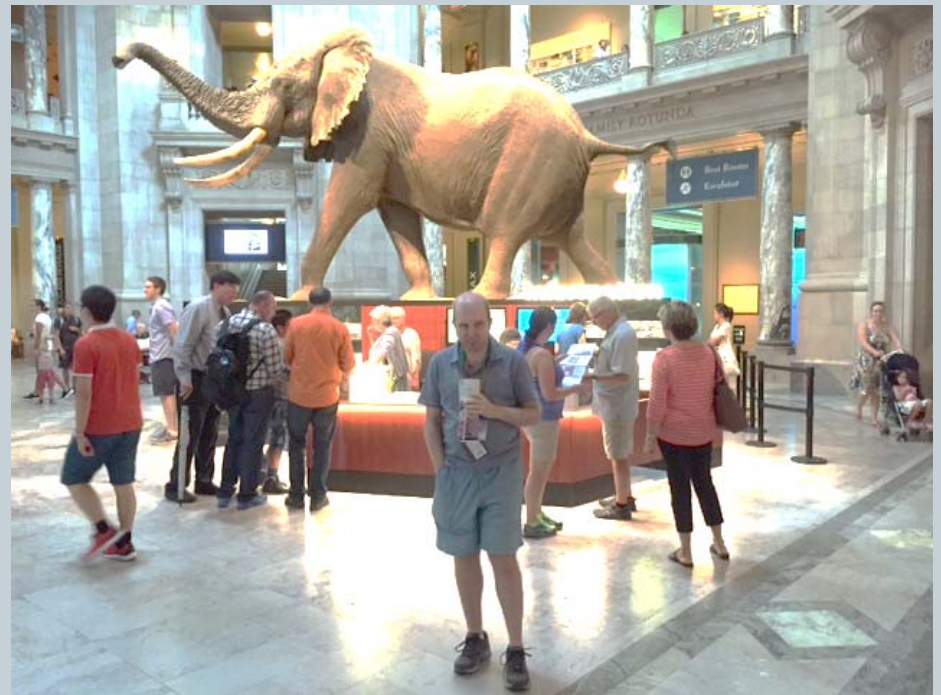
***Shaping the hole
to fit the peg***

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What Families Say

“The range of resources available because of SDS allows us to tailor a program for our disabled child that is better than anything we could have managed without the support of SDS.”



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Direct Training, Support and Supervision Services

Skill development

- Functional self-help and daily living
- Community integration
- Safety awareness
- Travel
- Social interactions and interpersonal relationships

Activities

- Educational
- Recreational
- Work
- Volunteer

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Indirect Services

For the service provider

- ✦ Mileage
- ✦ Activity admissions
- ✦ Meals
- ✦ Transportation

For the service recipient

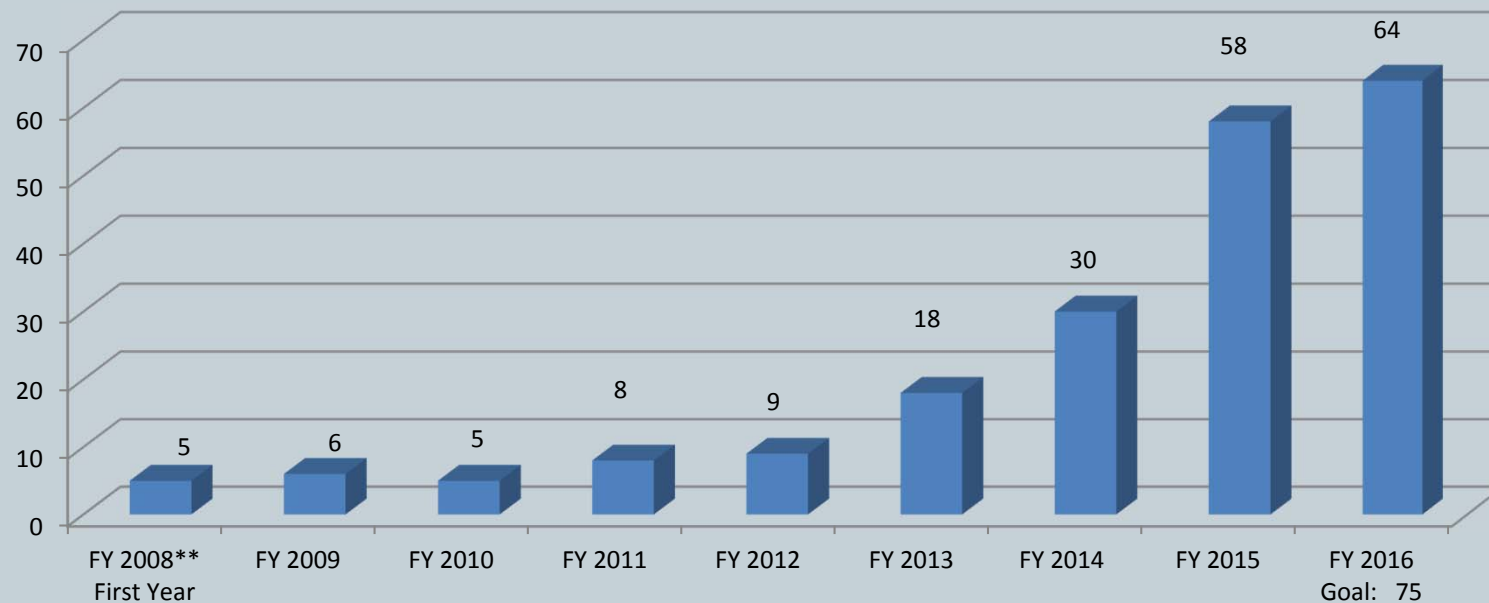
- ✦ Transportation to and from eligible activities

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Participation

Families Served
Unduplicated: 85
(11/1/15)

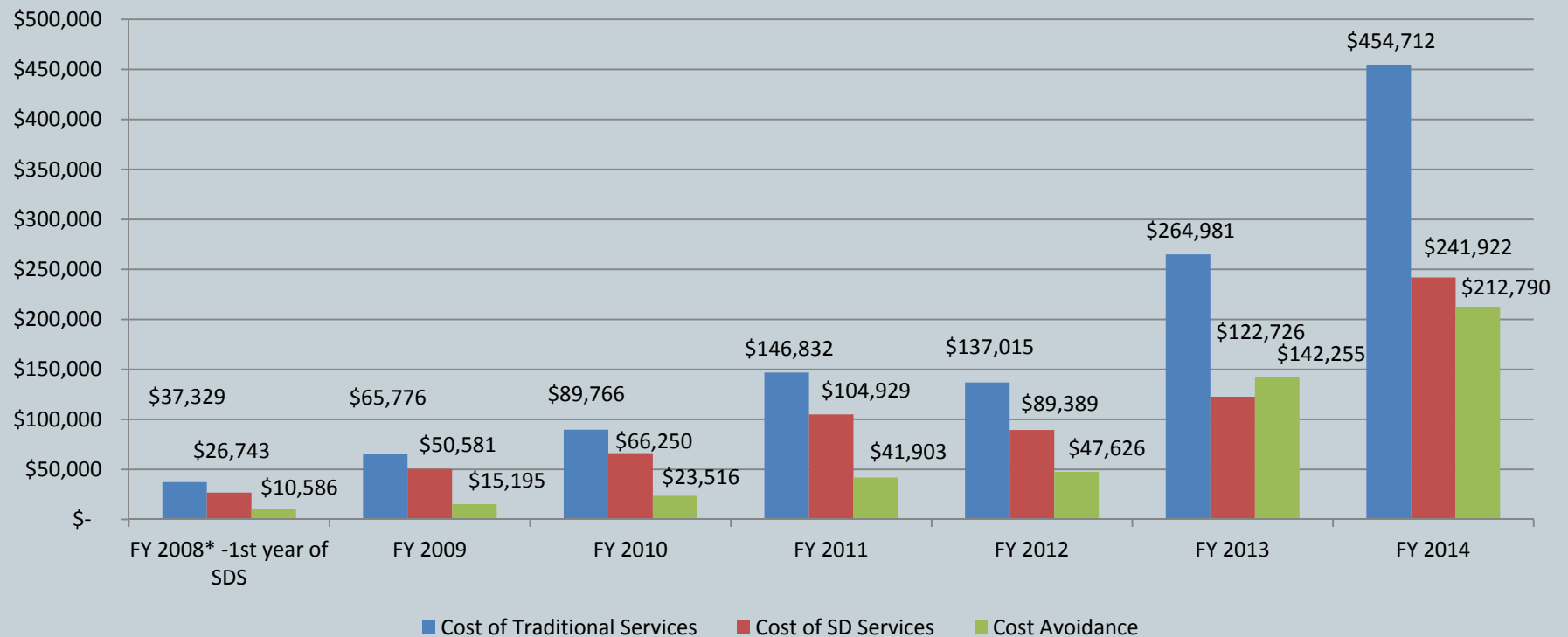


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Cost Avoidance: An Additional Benefit

Cumulative Cost Avoidance - \$493,871



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For the Future

- Increase awareness of Self-Directed Services.
- Expand the capacity of existing SD Services providers.
- Identify new community based service providers.
- Consider individual budgets based on actual need and usage, rather than projected level of service intensity.

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What Families Say

In a January 2014 program evaluation survey, 12 families of the 30 participating families provided feedback (40% return rate).

- 100% agreed or strongly agreed that they are satisfied with Self-Directed Services.
- 92% (11 out of 12) agreed or strongly agreed that Self-Directed Services are flexible enough to meet their family's changing needs.
- 100% agreed or strongly agreed that their family is better off as a result of Self-Directed Services.

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What Families Say

“I am a single working mother of a 27 year old. Self-directed services allows my son to take night classes at NOVA with a companion. His brother or I would not be able to provide this support. It also allows my son to attend an amazing day program which he enjoys tremendously. Another GREAT thing is that some weekends my son goes with his companion to do activities allowing a VERY, VERY tired mom to do her own activities or just clean the house.”



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What Families Say

“My special needs daughter is on a list a ‘mile long’ for services from traditional sources. Self-directed services has been a godsend.”



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Parting Shots



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Questions and Comments