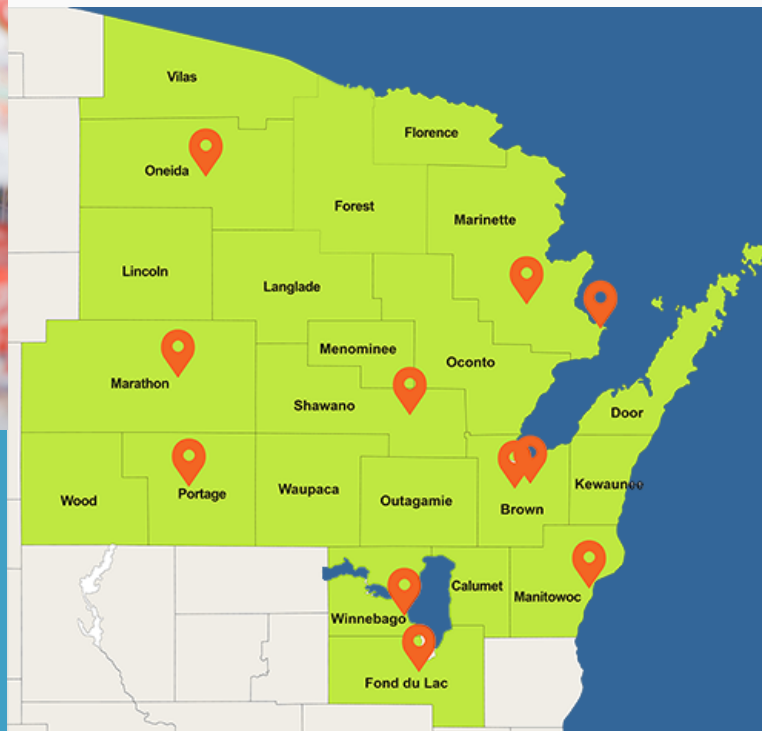




LOCATIONS & SERVICE AREA



SELF-DIRECTED SUPPORTS (SDS)



Lakeland Care's care teams are committed to supporting your health and safety, and ensuring that money authorized for your care is used responsibly.

With SDS, your care team will:

- Continue to support your choices to safely meet your long-term care outcomes
- Ensure services meet your health and safety needs
- Review your SDS budget with you
- Make sure SDS funds are used appropriately
- Support you in self-directing some or all of your care plan

For more information about SDS, contact your care manager.



www.lakelandcareinc.com



1-877-227-3335
TTY: 711



info@lakelandcareinc.com

Lakeland Care complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

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SELF-DIRECTED SUPPORTS (SDS)

Self-Directed Supports (SDS) is an option that allows members to arrange, purchase and direct their long-term care services. Through SDS, members can direct some or all of their care plan and gain greater responsibility, flexibility and control over the services they receive.

With SDS, members can choose to control their budget for services, and will have control over their providers, which include hiring, training, supervising, and terminating their own care workers. Members can choose to self-direct one or many of their services.

- You decide what services you want to self-direct and how much you want to participate in directing those services.
- You decide how much responsibility you want in managing your own budget and what type of supports are needed to help you reach your goals.
- You can receive assistance and resources to fully participate in SDS the way you would like.
- You decide who you want to provide your services and supports. You can choose family, friends and people you select and hire or any combination.

COMMON SERVICES THAT ARE SELF-DIRECTED



Bathing and Dressing



Respite Care



Supervision



Meal Preparation



Transportation



Shopping



Cleaning



Lawn Care



Daily Living Skills Training



Laundry



Snow Removal



Employment



If you choose SDS, your care team will support you to:

Create a Plan Specific to Your Needs

With the help of your care team, you will determine what supports you need and develop a job description for your SDS employees.

Decide How You Want to Participate in SDS

With the help of your care team, you will decide what training or resources you need to carry out your SDS plan.

Develop a Budget

With the help of your care team, you will create your budget based on the level of care needed to support your long-term care outcomes.

Select and Hire Supports

You decide how, when and who provides support to you as part of the SDS option.

If you decide that SDS is not for you, you can choose to stop self-directing your service plan at any time. Your care team will then assist you by identifying a Lakeland Care contracted provider available to support your long-term care outcomes.