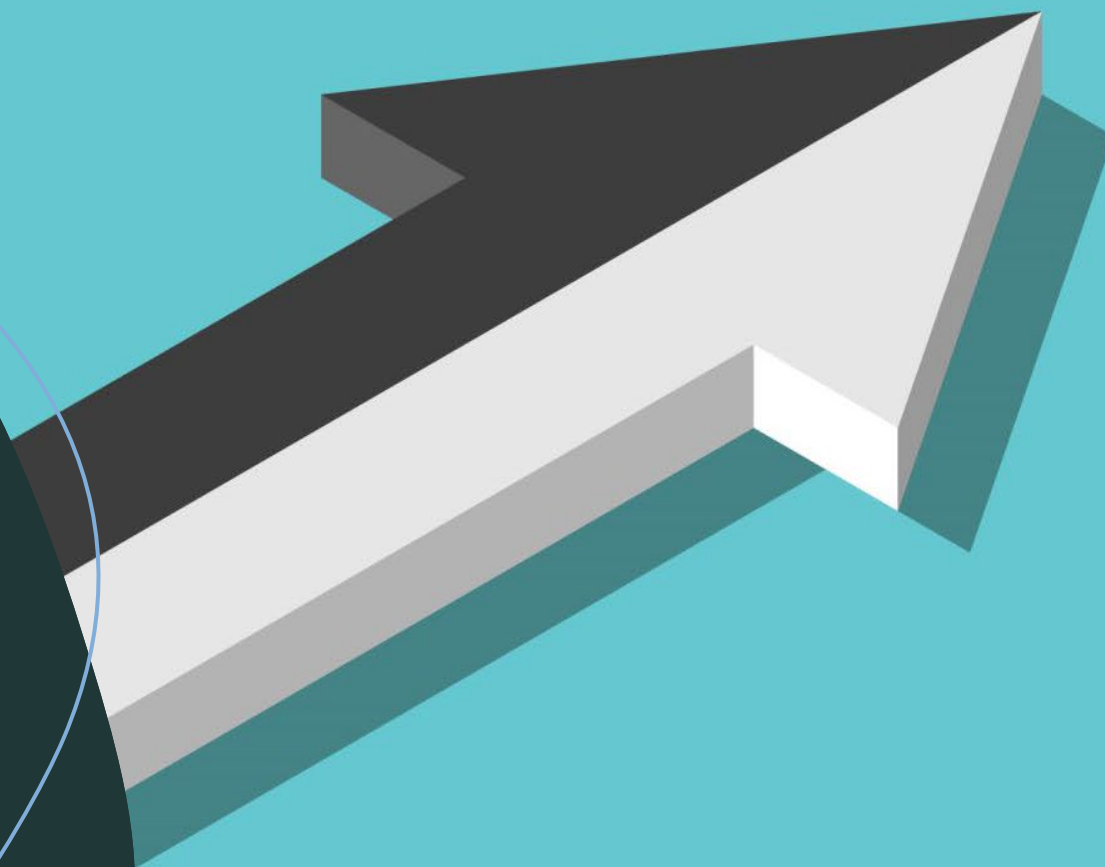


Supporting Self Direction and Choice

Deone Wilson and Jill Dudley



What is a Center for Independent Living (CIL)?

CILs are nonresidential, nonprofit agencies that are controlled by individuals with disabilities and provide services and advocacy to help them live more independently and have control over their lives. CILs are community-based and cross-disability. Each is an independent non-profit organization governed by a volunteer board of directors, 51% or more have a disability.

*Administration for Community Living

*KACIL CIL map: [CIL Map & Brochure new 2022 \(kacil.net\)](https://www.kacil.net/CIL-Map-Brochure-new-2022)

Mandated Services All CILs Offer

- Advocacy
- Independent Living Skills Training
- Information and Referral
- Peer Counseling
- Transition Services: Institutional and Youth

Self Direction

- Self Direction is a model of long-term care that allows people to receive support in their homes and communities, the way they want it.
- There are over 1 million individuals self-directing their services in the United States.
- Applied Self Direction: www.appliedselfdirection.com

Value

- Increases overall health outcomes
- Gives control of one's life to the individual with the disability as they know their needs best-**Dignity of Risk**
- High-cost services are utilized less when basic support services are provided

Challenges

- Worker scarcity
- Burdensome requirements
- Complex systems
- Worker pay rate and benefits

* KACIL DSW Worker Shortage Report: [fe6261_9091f8e8777a4f3ca72afb78c058879a.pdf \(kacil.net\)](#)

How to advance access to Self Direction

- Advocate for Medicaid Expansion so workers have access to health care
- Advocate for rate parity/increase rates across HCBS waivers
- Assist with training for program managers, case managers, care coordinators, and financial management providers
- Work to improve information and assistance available to self-direction individuals
- Remove burdensome processes/enrollment to access services

Sources

- Applied Self Direction
- AARP Public Policy Institute
- Kansas University Center on Developmental Disabilities
- Medicaid.gov

Resources

- [Self-Direction Toolkit | appliedselfdirection](#)
- YouTube:[What is Self-Direction? - YouTube](#)
- [Home | KACIL | Kansas Association of Centers for Independent Living](#)
- [CIL Map & Brochure new 2022 \(kacil.net\)](#)