

# Key Message and Tips for Beneficiaries: Self-Directed Care



## Message

Medicaid rules let you be in charge of your care. If you get Medicaid services at home, you may want to direct your care. This is called self-directed care. A family member or friend can help make decisions to get you the services you need.[1]

If you self-direct your care, you can decide who to hire, when your helpers come to your house, how they help you, and how you want things done.[2]

A supports person is available to help. This person can help you direct your care, help you find and hire helpers, and answer questions.[3]

## TIPS

- Make sure you have a plan of care;
- Write down everything your helpers do;
- Pay your helpers after you get payment from Medicaid;
- Don't bill Medicaid for things that are not on the plan;
- Don't bill Medicaid if you were in the hospital; and
- Don't take money or gifts to bill Medicaid for services you did not get.

For information about programs and services available in your area, visit <http://www.medicaid.gov/Medicaid-CHIP-Program-Information/By-State/By-State.html> for a link to your State Medicaid agency.

For more information about Medicaid Program Integrity, visit <https://www.cms.gov/Medicare-Medicaid-Coordination/Fraud-Prevention/Medicaid-Integrity-Education/edmic-landing.html> on the CMS Medicaid Program Integrity Education website.

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1 U.S. Department of Health and Human Services. Centers for Medicare & Medicaid Services. Self-Directed Services. Retrieved June 2, 2015, from <http://medicaid.gov/medicaid-chip-program-information/by-topics/delivery-systems/self-directed-services.html>

2 Social Security Act § 1915(iii)(II). Provisions Respecting Inapplicability and Waiver of Certain Requirements of this Title. Retrieved June 2, 2015, from [http://www.ssa.gov/OP\\_Home/ssact/title19/1915.htm](http://www.ssa.gov/OP_Home/ssact/title19/1915.htm)

3 U.S. Department of Health and Human Services. Centers for Medicare & Medicaid Services. Self-Directed Services. Retrieved June 2, 2015, from <http://medicaid.gov/medicaid-chip-program-information/by-topics/delivery-systems/self-directed-services.html>