

Consumer Directed Attendant Support Services

CDASS: A Three Part Series - Part 1

Coloradans using the Supported Living Services (SLS) Waiver will have the option to consumer or self-direct some of their services. People using some other Colorado waivers have had this option since 2002. Until now those options have not been available in services specifically designed for persons with Intellectual and Developmental Disabilities.

This article is **Part 1** of an introduction to Consumer Direction in Colorado. It is a three (3) part information mini-series written primarily to help families of people with I/DD to understand consumer direction in Colorado and decide if you want to use this option for your son or daughter. This 3 part mini-series will be sent over the next 2 weeks. It is not intended to give detailed information.

Consumer directed services is one way to get your services. You can continue having an agency provide all of your services. If you have a family caregiver working for an agency you can also continue to use that option.

CDASS will be available in the Supported Living Services Waiver in 2018. There has been no defined date for availability, [click here](#) for more information.

These are the *Core Principles* of consumer directed services:

Person Centered

A person-centered system sees each person as multi-faceted rather than defined solely by the age or disability he or she

happens to have.

As a tool to support system-wide person-centeredness, person-centered planning should be interactive and proactive, building upon a consumer's preferences, strengths, and goals to create an individualized support system.

It should also be culturally responsive - written in the individual's preferred language, using person-first language and examples that reflect the individual's sense of cultural identity.

Your services in SLS are always supposed to be person-centered even if you do not want to use consumer directed services.

Self-Determination

Self-determination is the value that should shape all services in a consumer's person centered plan. The view of self-determination we have adopted here has six components:

- The freedom to decide how a person wants to live his or her life
- Authority over an individual budget
- The supports necessary to organize one's life in a meaningful way
- A responsibility to use public dollars wisely
- A recognition that individuals with a wide range of disabilities can contribute in meaningful ways to their communities
- A confirmation that individuals have important roles to play in a reformed Long Term Services and Supports (LTSS) system

Consumer Direction

Consumer direction emphasizes the power of people with disabilities to assess their own needs and make choices about the services that would best meet those needs.

In a consumer-directed system, individuals have the option to choose their services providers; to manage how, when and where their services are delivered; and to monitor the quality of

those services. Consumers have control over whether they direct their own services at all. If they choose to direct their services, they control the extent of that direction.

Programs should thus be designed so that consumers can elect the traditional agency model for some or all of their services. When consumers exercise full self-direction, they (or their representatives) manage all aspects of service delivery, including the use of individual budgets.

CDASS is Consumer Directed Attendant Support Services; What is it?

It is a service delivery option or the way you get your services delivered. There are rules covering the CDASS option.

What does it let me do?

- You can choose who you want to work for you.
 - You are the employer for your staff & have employer responsibilities.
 - You hire your support staff and decide what to pay them (within the guidelines of CDASS).
 - Manage your CDASS service budget.
 - Decide where you want your services to be delivered.
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Am I eligible?

If you are enrolled in SLS you can use the CDASS option.
If you are going to enroll in SLS, you can use the CDASS option once you are in SLS.

CDASS clients must be in Stable Health as indicated by their physician.

What services can I use with the CDASS option?

The only services you can use under the CDASS option are:

- Personal care
- Homemaker
- Enhanced homemaker
- Health maintenance activities

What are Health Maintenance Activities (HMA)?

Home Health Agencies provide skilled nursing services often using a Certified Nurse Assistant (CNA). HMA are the same skilled services but under CDASS they do not have to be provided by a CNA. The Nurse Practice Act is waived. You hire and teach the staff to provide those services for you. This doesn't prevent you from using a CNA, Licensed Practical Nurse or an RN to provide this service. You are just not required to do so.

Your current services in the SLS waiver are defined in your Service Plan. All SLS Service Plans have a funding limit based on your SPAL (Service Plan Authorization Limit). This amount is different for everyone.

If you choose to use the CDASS service delivery option, the homemaker, enhanced homemaker and personal care services you consumer direct along with your other SLS services must be within your SLS Plan Limit.

The funds for Health Maintenance Activities are *outside* of your SLS Plan.

Think about if you are interested. Are you are currently receiving home health services (health maintenance activities)?

Do you have personal care, homemaker services and/or enhanced homemaker services in your SLS plan? If you want to consumer direct any of those services in your plan, you will have to consumer direct all of them with the CDASS option.

Next week - Part 2: How does CDASS work and who will help me?

If you are interested in Consumer Directing your Services & need help, you can appoint someone to help. Learn more in Part 3.

From the Colorado Department of Health Care Policy and Finance

In preparation for expansion of Consumer Directed Attendant Support Services (CDASS) into the Supported Living Services (SLS) waiver, Consumer Direct of Colorado will be hosting three information sessions for

people interested in using this option. The sessions are available to be attended in-person or call in/webinar option to receive more information about participant directed options. In-person space is limited, and registration in advance is required. [Click here](#) for dates times and registration

You may contact [Consumer Direct Colorado](#) at any time for more information about CDASS (844-381-4433) or email at infocdco@consumerdirectcare.com

*****Your Case Manager/Resource Coordinator still needs to receive training before they can actively help you with CDASS. Do not call your Case Manager/Resource Coordinator yet - there will be an announcement in this mini-series after they have been trained.**

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