

## ***CSS - Self-Determination Using Consolidated Supports and Services (CSS)***

Self Determination/CSS in New York has created a means of developing the potential for individualized, self-directed services. It offers the opportunity to design services based on an individual's desires and needs as identified in a Person Centered Plan. It is a mechanism developed by NYS OPWDD (Office for People with Developmental Disabilities).

CSS takes a commitment and requires a well thought out plan for an individual.

Self-Determination is funded through HCBS (Home and Community Based Services) Waiver called Consolidated Supports and Services. It is a Medicaid funded program and individuals seeking services through CSS must have Medicaid and be eligible through NYS OPWDD.

This model for accessing services gives an individual the mechanism to "purchase" needed supports and services which will enable the person to live a safe and fulfilling life in the community. The person and their support system manage the use of funds to choose supports and services as determined in a Person Centered Plan. There are some definitions that are important to understand in CSS. If a person is going to develop a CSS plan for services, NYS will be assisting in understanding the terms and definitions.

A Circle of Support is central to a plan under CSS. A Circle is a voluntary group of people who commit to assisting an individual. The commitment and strength of the Circle of Support will make or break a self-determined plan for service. The person's Medicaid Service Coordinator (MSC) functions as part of the Circle and is a communication link to the local DDRO and OPWDD. The MSC involved in a Self Determination Project and the local DDRO liaison assist with:

1. Ensuring that the principles of Self Determination are followed,
2. Assisting the person in seeking out supports and services to identify and accomplish goals and valued outcomes,
3. Assisting the individual with planning and budgeting,
4. Assisting in protecting the health and welfare of the person – there are NYS Regulations that must be adhered to and the Circle is responsible for overseeing them,
5. Assisting the individual in health care decision making.

A Fiscal Intermediary (FI) is a necessary element. It is an agency that holds the funds and makes the payments for an individual's services. They act as the individual's fiscal and business agent. Each DDRO has identified a Fiscal Intermediary for their region of the state.

Another component of CSS/Self Determination is a Support Broker. The Support Broker is an independent professional who may be hired by an individual to provide advice, information and technical assistance to the person and the person's Circle. The

Support Broker “brokers” or negotiates for the services to be provided and can facilitate and develop a Person Centered Plan.

The Circle of Support, the Service Coordinator and if hired, a Support Broker, work closely with the person to help clarify goals, determine valued outcomes and assist with exploring different ways that the person might reach the desired goals.

Under Self Determination, resources are portable. They are guaranteed available and associated with the individual and are not guaranteed to a specific provider. Spending changes can be made if desired by the person if prior approval is received from OPWDD.

