



Introduction



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In this document, you will find a series of topics written to help you self-direct your services. It is written in our “easy speak” language to help you either enter life back in the community or live successfully in the community. Much of the information is about self-direction under one of the Medicaid waivers administered by the Department of Medical Assistance Services (DMAS) in Virginia, although there is also information that applies to other topics. We hope you find this document useful in the many aspects of community-based services and supports.

What Is A Personal Care Assistant (PCA) and Who Can Be One?

Locating And Working With A Service Facilitator

Hiring A Personal Care Assistant (PCA)

How to Train Your Personal Care Assistant (PCA)

Supervising Your Personal Care Assistant (PCA)

What Can I Do If I Have Problems Getting My PCA Paid?

What Are Respite And Companion Services?

How Can I Prepare For Emergencies And Disasters?

Advocating For Yourself

Should you want more elaborate and detailed information, you can also read the “Consumer-Directed Services Employer Manual” at: www.dmas.virginia.gov/ltc-home.htm. This is a manual written by DMAS. To view the manual online or to download a copy, scroll way down the page to the “Manuals and Forms” section. This manual is the second title listed.

There are also some very good general resources you can use to learn more about many services and supports:

- [Virginia Easy Access](#). This website has a lot of information about housing, transportation, community supports, legal rights, emergency preparedness, financial help and other subjects. You can also complete a form to see if you are eligible for Medicaid, and you can apply for Medicaid right on the site.

- [VirginiaNavigator](#). This website lets people with disabilities and seniors search for services and supports by zip code. You can do quick searches and “customized” searches. You can also complete a needs assessment if you do not know exactly what you are looking for.
- [SeniorNavigator](#). This website contains a lot of good information for seniors.
- Just pick up your phone and dial 2-1-1 for information about all kinds of services near you.
- [Own Your Future](#). A website that helps you plan for your long-term needs now.
- [disAbilityNavigator](#). A web resource created by and for people with disabilities and their families living in Northern Virginia.
- [VirginiaHousingSearch.com](#). A website that lists thousands of available affordable rental properties, with information about how close the properties are to public transportation.
- [Olmstead](#). A website that tells you what Virginia is doing to create opportunities for community integration for people with disabilities.
- [Person-Centered Practices](#). A resource bank of information about person-centered practices sponsored by the Partnership for People with Disabilities at Virginia Commonwealth University.
- [Systems Transformation](#). This website lets you know all of the things Virginia is currently doing to improve the system of services and supports for people with disabilities and seniors.
- [Mental Health Self-Determination Podcasts](#): This website is brought to you by the Center for Mental Health Services Research and Policy. It contains presentations made at an April 2009 summit.

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