



Independent Choices Program (Self-Direction in Arkansas)

Independent Choices is a program for Medicaid-enrolled elderly individuals and adults with disabilities that allows beneficiaries to self-direct their personal assistance services using a monthly cash allowance provided as part of the program. "Self-direction" means that a beneficiary (or their representative) is responsible for recruiting, hiring, training, and supervising the person who will provide them care in their home or community.

How do Beneficiaries "Self-Direct" their Care?

This program promotes personal choice and allows beneficiaries (or a representative) to manage their care rather than an agency. These services help beneficiaries live independently in their own home or in a community-setting. The program provides a financial management service organization to help beneficiaries with the billing and administrative responsibilities.

Employer Authority: The beneficiary is in charge of **recruiting, hiring, training, and supervising** their direct care worker.

Budget Authority: The beneficiary decides how their cash allowance is spent on their care.

What Services do Beneficiaries receive?



Personal Assistance Services: This includes personal care or attendant care, which provide beneficiaries with hands-on help with everyday tasks such as eating, bathing, dressing, personal hygiene, and mobility.



Cash Allowance: Participants receive a monthly allowance, which is primarily used to pay the salary and wages of the personal assistance employee. Beneficiaries can purchase other services or goods that help them maintain independence - such as backup care or respite care; adaptive technology that helps with completing everyday tasks; service animals; and personal hygiene items.

What are the Eligibility Requirements?

To be eligible to receive these services, applicants must meet **all** of the following requirements:

- Be eligible for Medicaid.
- Be 18 years of age or older.
- Be receiving or be medically eligible to receive personal assistance services which include state plan personal care and ARChoices attendant care services.
- Not be living in a home or property owned, operated, or controlled by a provider of services (e.g., single family homes, group homes, adult family homes, etc.)

Who Administers the Independent Choices Program?

Independent Choices is operated by the Division of Provider Services and Quality Assurance (DPSQA) under the administrative authority of the Division of Aging, Adult, and Behavioral Services (DAABHS).

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