



# The Whole Person

People with Disabilities Leading Independent Lives

## Consumer Directed Services

### PERSONAL CARE ASSISTANCE PROGRAM

With the support of The Whole Person and the CDS Program, Ashley B. was able to choose her mother as her Personal Care Attendant. Ashley's mother assists her with all of her daily living activities and helps her achieve her goals.

The Consumer Directed Services program helps people with significant physical disabilities obtain assistance with personal care and daily activities to maintain or increase their independence. This includes services in the home such as meal preparation, cleaning and personal hygiene.

The cost of these services is covered by Missouri Medicaid (MO HealthNet) and is administered by the Missouri Department of Health and Senior Services (DHSS). The Whole Person contracts with DHSS to provide case management and payroll services for the program.

The goal is to provide individuals more personal autonomy in determining how best to meet their own care needs. In other words, you have choices – including hiring and supervising your attendant and approving time sheets for payment.



### WHO IS ELIGIBLE?

To be eligible for Missouri's Consumer Directed Services (CDS) program, you must:

- Have active Missouri Medicaid
- Be at least 18 years of age
- Have a physical disability and/or chronic medical condition such as diabetes that reduces your ability to care for yourself without assistance
- Have the desire and ability to self-direct your own care and employ your own attendant

If you are unable to self-direct or choose not to do so, contact The Whole Person to discuss other options and obtain a referral for other services.

The Whole Person works closely with the Department of Health and Senior Services to provide joint services, if needed. It is possible to receive services from more than one program at the same time or to select which program will best meet your needs.

If you are currently receiving CDS services from another agency, you will need to contact DHSS to request a transfer of services to The Whole Person.

### OTHER PROGRAMS AND SERVICES

- Independent Living Skills Training
- Information and Referral
- Peer Support
- Community and Systems Advocacy

- Employment Services
- Deaf Services
- Youth Services
- Accessibility Education

### HOW DOES IT WORK?

- 1) On your first call about the program, we'll collect basic information such as your name, contact information, Social Security and Medicaid numbers, etc. We'll also ask you to provide a brief overview of your situation and the services you need.
- 2) You'll be contacted by the State to develop your plan of care and to schedule a visit in your home for a review of your current medications and personal care assistance needs.
- 3) The Whole Person staff will guide you through the process of hiring and supervising your attendant and completing all necessary paperwork.
- 4) After DHSS approves your care plan, an Intake Specialist will be assigned and will meet with you to train you about timekeeping procedures for your attendant and other program guidelines.
- 5) Your attendant may be a friend or a family member, but cannot be your spouse. The attendant must be at least 18 years of age and pass a background screening test.

***An Independent Living Advocate will help you throughout the process!***

## Mission Statement

The Whole Person connects people with disabilities to the resources they need by supporting independent choice and advocating for positive change in the community.

## Vision Statement

The Whole Person envisions a fully accessible community where opportunities and choices are not limited by disability.

## Core Values

The core values will influence how we interact with each other, guide how we go about our work and fulfill our mission.

- Respect
- Integrity
- Inclusiveness
- Committed
- Collaboration

## Who We Serve

- People with disabilities
- Parents, spouses, siblings and significant others of people with disabilities
- Schools
- Businesses
- Local government agencies
- Volunteer organizations
- Hospitals, health organizations and the medical community
- Civic organizations
- Churches/religious organizations
- Veterans
- Any individual or organization seeking assistance

## Programs

- Independent Living Services
- Personal Assistant Services
- Employment Services
- Individual and Systems Advocacy
- The Whole Family Project
- Transition Services
- Telecommunications Access Program (TAP)

## Support Groups

Through peer groups there is a full exchange of brainstorming, problem solving, and sharing of concerns, successes, and ways to address issues. Peer groups meet 1-2 times a month. Visit our website for more information about each of these groups, meeting dates, locations and contact information for each facilitator.

## Community Outreach

The Whole Person provides education on disability etiquette, including reasonable accommodations and accepted social interaction, as well as why disability awareness is important. Visit our website to arrange a presentation for your company or organization.

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To learn more about TWP, visit  
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