What is Self-Direction: Transcript

Self-direction is a model of long-term care that allows people to receive support in their home the way they want it, even people who might otherwise live in a nursing home or group home. Let’s take, for example, Betty who needs 24/7 support, including help bathing and getting dressed. Then there’s Michael, who needs support with job skills and getting rides to community events. With self-direction, people like Betty and Michael recruit, hire, and manage their own workers. That means Betty can hire her daughter to help her with intimate tasks like showering. And when Michael has a last-minute job interview, he simply asks his worker to drive him there and updates his schedule accordingly. They can also buy things to help them live more independently at home, like grab bars in Betty’s bathroom or a computer for Michael to connect with his peers. Self-direction programs have supports built in to help people set goals, make decisions about how to meet their needs and manage payroll and paperwork. People who self-direct can also appoint a family member or friend to help manage their services and make decisions on their behalf. Across the country self-direction gives millions of people more choice, control, and flexibility so they can live safely and comfortably at home and remain part of their communities.

What is Self-Direction: Visual Slide Description with Time Stamps

Time Stamp 0:00
“Self-direction is a model of long-term care” is written on the video screen.

Four illustration images in circles. From left to right: vacuum and cleaning spray bottle, hospital cross sign, calculator and notebook, and a dinner plate with utensils around it.

Time Stamp 0:06
Illustration of two homes with a garage and trees around the home.

Illustration of a building with a sign in the front and two trees and two bushes out front of the building near the double doors.

Time Stamp 0:12
Illustration of an older woman, Betty, with white hair in a bun sitting in a wheelchair. She is sitting on one side of a coffee table that has books and a plant on it. A lounge chair sits on the other side of the table and is empty.

Close up illustration of a shampoo bottle, soap bottle with a nozzle, and a bar of soap with a couple soap bubbles above it.

Close up illustration of a person’s shoes and ankles, with another person helping to tie the shoelaces.

Time Stamp 0:19
Illustration of a Black man, Michael, sitting in an oversized lounge chair. Next to him is a side table with a cactus on top. A large bay window is behind him.

Illustration of a computer screen with a document pulled up that is titled “Resume”.

Time Stamp 0:24
Illustration close-up of a green car door that is being opened to view inside.

Illustration of five circles. Each circle has an icon. From left to right: image of a card with a piece of cake on it, image of a woman’s headshot, image of a calendar that is turned to the 15th of the month, to do list that has four items on it (unreadable text lines) with unchecked boxes next to the items, and three lines with triangles on them to show how to choose an answer on a likert-style range of answers.

Time Stamp 0:31
Illustration that shows Betty in her wheelchair. Being pushed into the bathroom by her daughter. In the bathroom is a roll-in shower. The video shows the curtain of the shower closing, indicating that Betty is actively taking a shower.

Time Stamp 0:38
Illustration of Michael on his phone as he walks towards the door. A coat rack with a coat and hat hanging on it are to the right of the door. Behind Michael as he walks away is a desk with a lamp and cup of pens on the desk, office chair, and floor plant.

Illustration of a text exchange between Michael and his driver. Michael says “Got that interview! Can you drive me before lunch?” His driver says “Yes!”
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