

## 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 15<sup>th</sup> 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!"

## Time Stamp 0:43

Five circles that have various images in them. From left to right the images are, a grabber to help reach things that might be too high up or far away to reach from a wheelchair, a pill box that has a spot for pills to be placed every day of the week, an image of a motorized lift chair at the bottom of a set of stairs, a microwave, and a rolling walker to assist with mobility.

## Time Stamp 0:49

Illustration of Betty's shower that now includes a grab bar in the shower for stability.

Illustration of Michael sitting at his home office desk. He is on his laptop and waving at the camera smiling and is clearly on a video call.

## Time Stamp 0:56

An illustration of home with steps leading up the front of the house, attached garage on the left-hand side, and large tree on the right of the house is showing on the screen. Above this illustration is a circle showing the top of a mountain where a flag has been placed at the very top to show that someone has made it up there and is making it known to others that they reached their goal.

## Time Stamp 1:01

Another circle pops up to the right of this initial circle that shows two people embracing hands in a handshake. Another circle pops up to the left of the circle showing the mountain with a flag on it. Inside this circle is a stack of papers. The top paper says "Invoice" at the top and in large red letters there is a stamp that says "PAID".

An illustration of Betty sitting at her coffee table comes up again. This time, instead of an empty lounge chair across from her, an older gentleman is sitting there reading a newspaper. Betty is reading a book and smiling at him.

## Time Stamp 1:07

Illustration of four circles with images inside of them appear on the screen. From left to right the images inside the circles are: close-up of Betty's new gentleman friend (who is smiling), an illustration of a calendar that says the 16<sup>th</sup> on it with a large green checkmark across the calendar, a signature line that has a signature on it, and a to do list with four items that are not legible. All four of the checkmarks by the items are checked off and a large green checkmark covers the entire image.

## Time Stamp 1:13

Illustration of an outline of the United States.

Text on the screen says "Choice. Control. Flexibility."

## Time Stamp 1:22

Moving illustration of a neighborhood. In this neighborhood Betty is being pushed outside down the street by her daughter. They are both smiling. As they go down the street they go past Michael who is leaving his house with a laptop bag, presumably on his way to work. In the forefront of the image is the back of a man's head. He is wearing a baseball cap and is looking towards the street, waving at Michael as Michael walks out of his house. Further down the street past Michael's house a woman and her son get ready to go to school. The son wears a baseball cap and oversized backpack.

Text on the screen says: "Self-direction programs are available in every state."

The Applied Self-Direction logo shows up on the video screen with their website to get more information: [www.appliedselfdirection.com](http://www.appliedselfdirection.com)

# What Is Self-Direction: Transcript with Time Stamps

## Time Stamp 0:00

Self-direction is a model of long-term care that allows people to receive support in their home the

## Time Stamp 0:06

way they want it, even people who might otherwise live in a nursing home or group home. Let's take,

## Time Stamp 0:12

for example, Betty who needs 24/7 support, including help bathing and getting dressed.

## Time Stamp 0:19

Then there's Michael, who needs support with job skills and getting rides to community

### Time Stamp 0:24

events. With self-direction, people like Betty and Michael recruit, hire, and manage their own

### Time Stamp 0:31

workers. That means Betty can hire her daughter to help her with intimate tasks like showering.

### Time Stamp 0:38

And when Michael has a last-minute job interview, he simply asks his worker to drive him there and

### Time Stamp 0:43

updates his schedule accordingly. They can also buy things to help them live more independently

### Time Stamp 0:49

at home, like grab bars in Betty's bathroom or a computer for Michael to connect with his peers.

### Time Stamp 0:56

Self-direction programs have supports built in to help people set goals, make decisions about

### Time Stamp 1:01

how to meet their needs and manage payroll and paperwork. People who self-direct can also appoint

### Time Stamp 1:07

a family member or friend to help manage their services and make decisions on their behalf.

### Time Stamp 1:13

Across the country self-direction gives millions of people more choice, control, and flexibility

### Time Stamp 1:22

so they can live safely and comfortably at home and remain part of their communities.