



it's all about choice

Funding for the development of this booklet was provided by  
the Nebraska Council on Developmental Disabilities.

SERVICE OPTIONS FOR INDIVIDUALS  
WITH DEVELOPMENTAL  
DISABILITIES

ready | set | 

# WELCOME



Hello! We are happy you are taking the time to learn more about Nebraska Developmental Disabilities (DD) services. We hope this booklet provides you with useful information about how you can take advantage of the many service options available. We have organized the booklet into three parts:

**ready |** Are you eligible for services?  
If yes, go forward!

**set |** What do you need and want?  
Know your budget, know your choices,  
and make a plan!

**go!** It's time to: choose your supports, create  
your life, and realize your dreams.  
You are in the driver's seat!

# ready



The first thing you need to do is get ready! Here's a look at answers to some of the questions you might be asking.

## **Is this booklet for me?**

This booklet is for people who are eligible for developmental disabilities (DD) services in Nebraska. If you don't know what this is, haven't applied for, or been determined eligible for DD services, stop here.

You can learn more by visiting the Division of Developmental Disabilities website at:

<http://dhhs.ne.gov/Pages/DD-Eligibility.aspx>

Or call toll free at (877) 667-6266.

## **I'm eligible for DD services. Now what?**

Being eligible for services is the first step!

Unfortunately, it doesn't mean you will immediately receive services. Because there is only so much money to go around, services will be offered only when funding is available for you. In the meantime, you will be assigned a DD coordinator (either a Service Coordinator or Community Coordinator Specialist) to help you through the process.

## **I'm approved for funding. What's next?**

This is great news! You can now begin to think about what is possible for you to live out your dreams of living, working, and playing in your community. There are many choices, both in the type of services and in who can deliver the services. The first step is to know how much service funding you will receive. Your DD coordinator will tell you what this amount is per year. Then, you can begin to make your plan. Not to worry, it is your DD coordinator's job to help you make these important decisions and put together the plan that is best for you.

# set

Now, it is time to get set! Read on for more questions and answers.

## **What's the point of DD services?**

DD services help you live, work, and play in your community as independently as possible. It's important that you get to choose the people you want to live with and where you want to live. You will want to choose what to do for work and what to do for fun. The services you receive depend upon many things, including your needs, your funding amount, and your goals. It is up to you to choose what is best for you!

## **Who provides DD services?**

A provider is someone who works with you to get the services you have chosen. In many cases, you have a choice of two types of providers for DD services.

**Independent providers** are people who provide services and do not work for an agency. This may be someone you already know. You are responsible for hiring, scheduling, training, and firing independent providers. They must meet requirements set by the state and be approved before working for you.

**Agency providers** are approved by the state and are responsible for hiring, firing, scheduling, training, and paying staff members. There are many agency providers across the state. You may find agency providers in your area by viewing the DD Agency Provider Directory at:

<http://dhhs.ne.gov/DD%20Documents/Agency%20Provider%20List.pdf>

## **How can I manage my services?**

It is great when you can be in charge of the services you choose. This is called self-directing. You may not be familiar with the term "self-directed services." This is where you decide what services and



supports you need to help you be as independent as possible. When you self-direct, you are responsible for hiring, training, scheduling, supervising, and firing your independent providers.

On the other hand, if you use an agency provider for services, the agency is responsible for these tasks. If you want to know more about self-direction, see the “Participant Guide for Self-Direction” at:

<http://dhhs.ne.gov/DD%20Documents/Participant%20Guide%20to%20Self-Direction.pdf>

### **What services are offered?**

DD Services are intended to support you while living in your community.

- Day services occur most often during the daytime hours and outside of your home.
- Employment services are designed to help you get and keep a job.
- Residential services are designed to help you live in your community.
- Habilitation services provide supports for you to live and learn in your community.

For an overview to get you started, check out the service summaries in the DD Quick Guide at: <https://dhhs.ne.gov/DD%20Documents/Medicaid%20HCBS%20DD%20Waivers%20Quick%20Guide.pdf>

For details on services, go to the DD Policy Manual at: <http://dhhs.ne.gov/Guidance%20Docs/DHHS-DD%20Policy%20Manual.pdf>

For more service details, talk with your DD coordinator. They can tell you what services you may choose.

# Choice! Flexibility! Control!

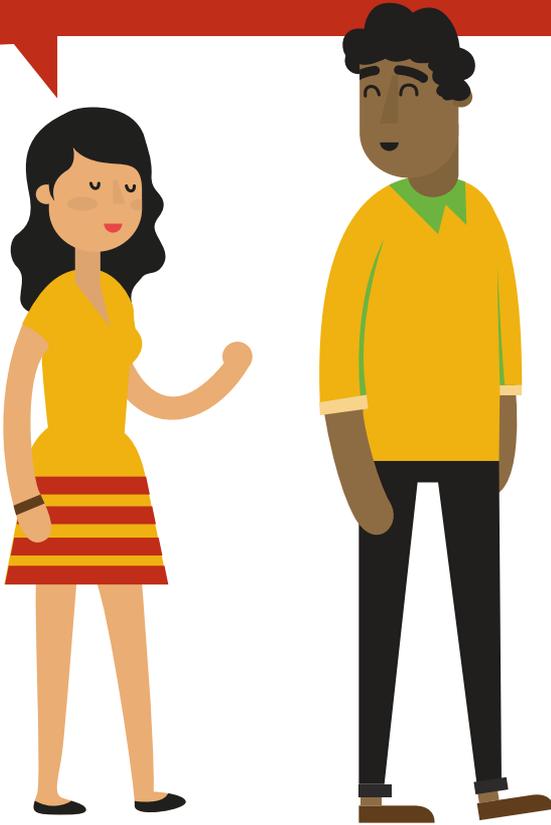
Now, you are ready to go! Your DD coordinator will help you create an Individual Support Plan (ISP) to meet your unique needs. A good plan will reflect choice, flexibility, and control. Make sure to consider all the possibilities!

**Choice!** Decide what supports you need.  
Select the individuals who support you.  
Choose with whom you spend your time.

**Flexibility!** Schedule your supports when and where you need them.  
Determine how much or how little support you receive.  
Design your plan based on your interests.  
Mix services and supports to meet your needs.

**Control!** Build upon your strengths and address your needs.  
Determine how your individual budget will be spent.  
Change your plan when needed.

**Choose Your Supports.  
Create Your Life.  
Realize Your Dreams.**



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ready | set |  go!

**NEBRASKA**

Good Life. Great Mission.

DEPT. OF HEALTH AND HUMAN SERVICES

DD-OTH-9 6/2023