



Self-Directed Services in New York State (IDD)

AMSI Guide SDS1

Summary:

This guide helps individuals with intellectual and developmental disabilities (IDD), their families, and support workers understand the main self-directed service options in New York State. It explains how Medicaid and state programs like **CDPAP**, **OPWDD**, and **ACCES-VR** can be combined without duplication, giving people more control over personal care, habilitation supports, and employment planning.

Highlights:

- **CDPAP (Consumer Directed Personal Assistance Program):** Medicaid home care where the person or representative hires, trains, and supervises personal assistants.
- **OPWDD Self-Direction & HCBS Waivers:** Medicaid services for people with IDD, including community habilitation, respite, housing, and individualized budgets.
- **ACCES-VR:** State vocational rehabilitation (non-Medicaid), focusing on training, job placement, and employment supports.
- **Decision Helper:** Step-by-step tool to choose the right entry point based on whether the immediate need is personal care, community living/habilitation, or employment.
- **Checklists & Tools:** Planning worksheets, sample scripts for agencies, and FAQs.
- **Key Contacts:** Verified entry points for NYS Department of Health, OPWDD Front Door, and ACCES-VR district offices.

Key Message:

Self-directed services allow people with IDD to **shape their own supports**. With the right program mix, individuals and families can secure daily care, long-term habilitation, and employment opportunities — while maintaining choice and control.

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