



# Introduction to Consumer-Directed Services in Virginia's Mental Retardation and Developmental Disabilities Waivers

Developed by:  
Partnership for People with Disabilities  
Virginia Commonwealth University  
2004



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**This set of training modules was developed by a team of family members and professionals who share a common vision of providing information to make consumer-directed services more accessible, understandable, and doable. These materials are designed as introductory information for individuals who have cognitive disabilities. Contributors include:**

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## OVERVIEW FOR TRAINERS

This training curriculum is designed for people with cognitive disabilities

- n who are receiving consumer-directed (CD) services under the MR or DD Waivers,  
or
- n who are receiving agency-directed services and would like to switch to CD services,  
or
- n who are on the waiting list for waiver services.

The training is divided into three modules. The modules may be presented at one time or at separate times, depending on the needs of the audience. The materials are appropriate for use with a small group or for use on a one-to-one basis.

### Module 1: Are Consumer-Directed Services for You?

This module teaches the basics of CD services in Virginia's MR and DD Waivers. It includes an introduction to the people involved who can help individuals obtain and use CD services.

### Module 2: How Do CD Services Work?

This module goes over the process used to obtain and use CD services through the waivers and outlines the roles of case-managers, CD services facilitators, family/friends, and the fiscal agent.

### Module 3: How To Be an Employer

This module includes overview information on finding, hiring, training, supervising, and if needed, firing, or letting go consumer-directed employees.

Throughout the materials, we have intentionally used both 'consumer-directed services' and 'CD services' and would urge you to also use both terms in providing training or technical assistance. Using the terms interchangeable emphasizes the need for the individual to know that they mean the same thing.



# Module 1

## Are CD Services for You?

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# Module 2

## How Do CD Services Work?

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# Module 3

## How To Be An Employer

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