

Get Paid to Care for Your Loved One



Hawai'i
Dementia
Initiative

What Is Self-Directed Care?

Self-directed care lets you have real control over your loved one's care. It allows you to:

- Choose who provides care
- Set schedules that match routines
- Help decide what services are used

This is especially helpful for people living with dementia, where familiar caregivers and consistent routines make a big difference. Many families use self-directed care programs so a trusted family member or friend can be paid to provide care at home.

Check Eligibility

Programs that provide financial support:

1. **Medicaid (Med-QUEST)** - Apply online and enroll in a health plan (e.g. AlohaCare, HMSA, UHC, etc.). Ask your Health Coordinator about self directed care. Visit the website: medical.mybenefits.hawaii.gov
2. **Kupuna Care** (Participant Directed Care Program) - Contact the Aging & Disability Resource Center.
3. **Veterans Affairs** (Veterans Directed Care Program) - Ask your VA social worker for a referral.

How to Qualify

A Level of Care Assessment looks at:

- Physical function (Activities of Daily Living, like bathing and dressing)
- Cognitive status (including dementia)
- Medical needs

The level of care score will determine what services they qualify for.

Typically, people who meet **nursing home level of care** criteria but want to remain at home may qualify for self-directed services.

Caregiving Services

Home & Community-Based Services (HCBS) provide support in the home instead of a nursing facility.

If interested, tell your coordinator or social worker you want "self-directed services" or "participant-directed care." This option allows you to:

- Help choose or hire caregivers
- Set schedules that work for you
- Keep care consistent and familiar
- Manage service plan and budget

POA Note

Are you the Power of Attorney (POA)?

The POA may not be allowed to be the paid caregiver, as this can be a conflict of interest. This may affect eligibility. Check with your coordinator for guidance.

Contact Info

1. **Med-QUEST Customer Service:**
1 (800) 316-8005
2. **Aging & Disability Resource Center:**
(808) 643-2372 | TTY (808) 643-0889
3. **Veterans Benefits Administration:**
1 (800) 827-1000