



Personal Choices is a Medicaid program that allows you to have more choice and control over your caregiver and other services. You choose who provides the services you receive, the types of services, and you manage your program expenses. The goal of Personal Choices is to help you be more independent and more satisfied with your services.

First, you will have a Personal Choices Counselor. The counselor will come to your home and explain how everything works. The counselor will also complete a home visit every six months to ensure that your services are running smoothly.

If you are unable to make all these decisions yourself, you can name someone your Personal Representative. You or your representative will be able to collaborate on your personal choices budget. You or your representative will make decisions about how to spend that budget on your personal care services, subject to Personal Choices regulations and the counselor.

The caregiver you choose is the person who will perform the services for you. This is a formal, legal arrangement and should be someone you trust to provide services for you. That person must meet federal background guidelines, work according to a spending plan you draw up with them, work a set number of caregiving hours determined by your spending plan. They will be required to clock in and out electronically and submit it to the client or representative, for approval. Then submit it to the Financial Services Management Agency (FSMA) for payment.

Your Counselor is your “go to” person for any questions, concerns, or assistance you need related to your personal support services, self-management, employee or representative issues, PSP, or individualized budget.

### **What is the First Step?**

You must be an active Medicaid Elderly and Disabled Waiver client. Once that is done, you may apply for the Personal Choices Program.

To learn more about the Personal Choices Program, Alabama Medicaid has published a Personal Choices Handbook online. Click the link next to this fact sheet.