



**Consolidated Supports and Services  
A Seven Step Pathway  
to the Life You Want!**

**(518) 473-6393**  
**www.opwdd.ny.gov**



At OPWDD, our motto is “Putting People First.” With that in mind, we are committed to providing a variety of supports and services for individuals with developmental disabilities.

This brochure highlights OPWDD’s Consolidated Supports and Services (CSS) program, a self-directed service that allows people and those closest to them to self-determine the life they wish to live. Self-direction means individualized choice making, control over who provides services and supports and authority over resources.

CSS is a service option supported under the federally funded Home and Community Based Waiver Program. I am very excited about this option, as it results in individuals and those closest to them becoming more empowered and deciding for themselves the lifestyle they want most.

Courtney Burke, Commissioner

**A Seven Step Pathway to the Life You Want!**

At The New York State Office for People With Developmental Disabilities (OPWDD) our mission “is to help people with developmental disabilities live richer lives.” To that end, we listened to people with disabilities, their families and friends, and as a result we offered a self-determination option for individualized services and supports.

Consolidated Supports and Services (CSS) provides people with a voice in the supports and services they receive. People make choices about where they wish to live, what they do during the day, who they want to spend their days with and how they participate in their communities. Through CSS, individuals can hire their own staff, control their own budget and take more responsibility for their everyday life.

**Circle of Support**

Participating in CSS requires you to assume much more responsibility for decisions and choices you make. Fortunately, making everyday decisions/choices can be shared with those who care about you most. This group of people is called your Circle of Support. Your circle is made up of family members, friends, your Medicaid Service Coordinator, your broker and others who are close to you and will be there for you.

**OPWDD Central Office Consolidated Supports and Service Program**

CSS Web Site information: .....www.opwdd.ny.gov

Emilie Wright  
CSS Coordinator .....518-473-6393

Don Moffitt  
Rate Setting Analyst .....518-402-4107

**DVD Video Information on CSS**

View our videos: *Our Choices Our Lives Building Our Lives Piece by Piece with Self Determination* available from the Self-Advocacy Association.

*We have Choices* available from the Self-Advocacy Association web site www.SANYS.org or www.wehavechoices.org

# Seven-Steps to the Life you Want!

These steps outline how to get the life you want through CSS:

**You have determined you want to change the life you have now.** You want more independence in what you do and how you live your life. To get information about options available to you, see your Medicaid Service Coordinator or CSS Liaison.



**Step 1**

**Select a Start-up Broker to assist you with developing your CSS Plan.** The Start-up Broker can help in many tasks and responsibilities of CSS; you will decide what tasks you want this person to do and what tasks you will take responsibility for.



**Step 2**



**Step 3**

**Form your own Circle of Support** A gathering of family members, friends and others you select who will assist you as you move forward toward a new self-directed future. Your Start-up Broker can help with developing your Circle of Support.



**Step 4**

**Develop a complete Person-Centered Plan (PCP)** Look at your past and present life experiences to help you discover your personal capacities and gifts for building and planning your new future.



**Step 5**

**Create your own CSS Plan and Budget.** Your Start-Up Broker, Circle of Support and CSS Liaison assist you in the development of your CSS Plan and Budget.



**Step 7**

**Live the life you want!!!**



**Step 6**

**Submit your CSS Plan and Budget** to your local Developmental Disabilities Service Office (DDSO) and OPWDD for approval.

## Important decisions to consider:

1. Self-directing your own life requires considerable responsibility for you and your Circle of Support.
2. You need to have in place a Circle of Support made up of family members, friends and/or others to assist you as you move forward with your plan of action.
3. You need to manage your own resources and budget utilizing the assistance of your Circle of Support.

Eligibility: People eligible for OPWDD services and enrolled in the New York State Home and Community Based Services Waiver (HCBS Waiver) can choose this Self-Directed Program.

## Three quick ways to apply for CSS:

1. Contact your Medicaid Service Coordinator
2. Contact your local DDSO or visit OPWDD's Web page @ [www.opwdd.ny.gov](http://www.opwdd.ny.gov)
3. Visit the Self-Advocacy Association of New York State Web Page @ [www.SANYS.org](http://www.SANYS.org)

Developmental Disabilities Service Office (DDSO)  
Contacts: (Please ask for the Self-Determination CSS Liaison)

<b>Bernard Fineson</b> .....	718-217-5980
<b>Brooklyn</b> .....	718-642-8629
<b>Broome</b> .....	607-771-7784
<b>Capital District</b> .....	518-370-7507
<b>Central NY</b> .....	315-473-6917
<b>Finger Lakes</b> .....	585-241-5739
<b>Hudson Valley</b> .....	845-947-6178
<b>Long Island</b> .....	631-493-1804
<b>Metro NY Bronx</b> .....	718-430-0371
<b>Metro NY Manhattan</b> .....	212-229-3129
<b>Staten Island</b> .....	718-982-1944
<b>Sunmount</b> .....	518-359-2962
<b>Taconic</b> .....	845-473-5050
<b>Western NY</b> .....	716-517-2371