



## Frequently Asked Questions

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### **MedStar Consumer Directed Services (CDS)**

The CDS program offered in the State of Missouri is a consumer controlled model of personal Attendant services. Consumer control means that the person with a disability who receives services is the actual employer of the Attendant and is responsible to hire and direct his or her Attendant.

The CDS program makes it possible for the person with a disability (CDS Participant) to be in charge of what type of services they receive, when they receive it, and who provides the services as their CDS Attendant, per program guidelines.

The CDS program makes it possible for many individuals with disabilities to remain safely in their homes, to be active members of their communities, and to live satisfying lives that are independent of much more restrictive nursing home settings.

### **Can I get CDS where I live?**

MedStar Health Services serves Participants in the following regions:

- St. Louis City
- St. Louis County
- St. Charles County

Every county in Missouri has CDS. If you live outside of our service area, we can assist you in finding other approved agencies who offer CDS in your county.

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### **What types of services are offered with CDS?**

CDS can provide individuals with assistance in the following areas. You may qualify for some or all of these services:

- Bathing/Showering
- Dressing/Undressing
- Grooming
- Toileting
- Ostomy/Colostomy Hygiene
- Obtaining Medication
- Transfers
- Range of Motion
- Meal Preparation/Feeding/Cleanup
- Housekeeping/Laundry
- Errand Transportation (shopping, paying bills/banking, picking up medication)
- Medical Transportation (limited)

In addition to the Personal Attendant Services you can receive through CDS, you will receive personalized attention from a MedStar CDS Specialist. Your CDS Specialist can assist you with your Independent Living Goals and can point you to a wealth of resources to help meet your needs and expand your knowledge. Your CDS Specialist is just a phone call away and will keep you up to date about the quality of your services.

### **What are the qualifications to get on the CDS Program?**

At a minimum, qualified individuals must be:

- Medicaid Eligible (MO HealthNet eligible)
- 18 years or older
- Physically disabled
- Capable of living independently
- Require at least a nursing facility level of care
- Able to direct their own care

The Department of Health and Senior Services (or designee) will assess individuals who meet these minimum qualifications to see if they are eligible for the CDS program. If eligible, DHSS and the individual requiring services will create a Care Plan that will outline the kind of services the individual will be approved to receive from an Attendant through the CDS program.

### **How can I become a CDS Participant?**

If you meet the qualifications listed above, you or a designee can contact MedStar Health Services at [\(314\) 782-7311](tel:3147827311) and request a screening for the CDS program.

An experienced representative from our team will be glad to prescreen you and make a referral to DHSS for an assessment. Our team will assist you all along the way and through the entire process.

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### **Where do the CDS Attendants come from?**

CDS Participants can hire their choice of Personal Care Attendants (up to four Attendants). Some CDS Participants choose friends, family, neighbors, or people they know. Other CDS Participants advertise and then interview and hire experienced applicants or interview and hire someone who was referred to them.

CDS Participants are the legal employer of the CDS Attendant. CDS Participants are responsible for interviewing, hiring, directing, scheduling, and if necessary, firing their Attendants. (CDS Attendants do not work for MedStar. MedStar is not the employer of CDS Attendants.)

CDS Attendants must pass a background check with the Family Care Safety Registry and the Employee Disqualification List and must register with the Department of Homeland Security. CDS Attendants must be at least 18 years old and cannot be the spouse of the CDS Participant.

MedStar also provides support and assistance to the CDS Participant as requested regarding training the CDS Attendant. CDS Attendant and CDS Participant training courses are available at MedStar.

### **What is required for CDS Attendants to start Working?**

All prospective CDS Attendants are required to register at MedStar Health Services before they can be the CDS Participant's CDS Attendant. They will be registered on the Family Care Safety Registry (FCSR) and a background check will be run from the Employee Disqualification List (EDL).

Anyone wanting to register as a CDS Attendant must bring the following items:

- Current, original state-issued photo ID or Driver's License
- Social Security Card
- \$12 cash or money order to get registered on the FCSR. This is a one-time fee. Once someone is registered, they are registered indefinitely.

If the Attendant is already registered on the FCSR, the \$12 fee is not required. However, all other documents are still required to bring.

### **When can the CDS Attendant start working?**

No Attendant can start working for an individual until that individual has been assessed by DHSS, approved for CDS, and has been registered and trained by MedStar as a CDS Participant and a legal employer. The CDS Participant will receive timesheets and will be given a start date. This is when the Attendant can begin working.

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### **Who Pays the CDS Attendant?**

CDS is funded by MO HealthNet (Medicaid). (CDS does not accept Medicare or Private Insurance.) CDS Participants must be Medicaid eligible in order for the CDS Attendant to be paid. The CDS Participant's approved and verified Attendant services are billed to MO HealthNet according to the Care Plan authorized by DHSS.

The CDS Attendant is paid through money received from the CDS Participant's MO HealthNet for services rendered to the CDS Participant which are approved by the State-authorized Care Plan.

For more information, email us at [info@medstarcds.com](mailto:info@medstarcds.com) or call 314-782-7311.