

Managing your supports

icare lifetime care wants to work with you to make sure you are at the centre of how your supports are planned, organised and managed. In the early years after your injury, you'll usually have a case manager to help you develop your plan, choose service providers and arrange your supports. As you move from the intensive phase of your rehabilitation and your needs stabilise, it's important that you are able to develop your independence and be able to move forward with your life.

We can offer participants, whose needs have stabilised, the opportunity to have more choice and control over managing some or all of their supports. We have called this 'self-management'.

What are the options for managing my supports?

We'll work with you to see how you want to manage your supports and whether self-management may suit you. The options for managing your supports include:

1. Purchasing your supports from one or more service providers.
2. Engaging and training your support workers directly and using an agency to pay the workers and manage things like insurances, superannuation and tax.
3. Directly employing your support workers and managing all the responsibilities of being an employer.

You may want to consider using a combination of these options to achieve your goals and best suit your needs and circumstances.

How does self-management work?

Under a self-management agreement, we pay you your approved funding each month into a nominated bank account, and you can arrange, manage and pay for your own supports. As part of this arrangement, you need to send us a report each month showing us how you have spent the money.

What are the benefits of self-management?

Self-management enables you to have more control over how your supports are organised, who provides your supports and when they occur. NSW icare lifetime care participants involved in a self-management pilot gave lots of positive feedback on how it benefitted them. They were able to achieve greater flexibility of their supports, improved social lives and were able to recruit better or more reliable workers.

Who can self-manage?

Self-management is not suitable for everyone. As a first step, you'll need to meet the following requirements for us to consider you for self-management:

- You need to be a lifetime participant of the NSW Lifetime Care and Support Scheme.
- Your care and support needs have to be sufficiently stable and predictable.
- You must be at least 18 years of age.
- You must not be bankrupt.

If you have a publicly-appointed guardian or a financial management order in place, we'll need to talk to you about whether you can be considered for self-management.

We also need to consider whether self-management will be something that is safe for you and whether you have the skills to manage the funding. The level of skill you need will depend on how you want to manage your supports. You need a lot more skill to be a direct employer than if you're only purchasing supports from providers.

Can another person manage supports on my behalf?

You may want or need to have a family member or friend help you manage your supports. This is fine. If you want to have another person manage the funding on your behalf, this is known as a nominee arrangement. If you want a nominee to manage your supports on your behalf, we'll need to find out some information about that person and whether they would be suitable to act as your nominee. Your nominee, family or friends can't be paid as part of a self-management agreement.

Who do I speak with for more information?

Talk to your **icare lifetime care** coordinator if you're interested in managing some of your supports. Your coordinator will be able to talk to you about your preferences and provide you with more information about what's involved and how this might be beneficial for you. They can also give you some participant handbooks with more detailed information.