

SELF-DIRECTED SUPPORTS

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STEP 1: FIND OUT IF YOU MAY QUALIFY FOR SELF-DIRECTED SUPPORTS

- Do you live in North Dakota?
- Do you have an intellectual disability or a related condition?
- Did your disability begin before age 22?
- Have you been found to need this level of support?
- Do you meet Social Security's disability rules? (Social Security generally considers a person to have a disability if they have a physical or mental condition that significantly affects their daily activities or ability to work and is expected to last at least 12 months or be life-threatening.)

If **yes** to all questions, go to Step 2.

If **no** to any question, you may not qualify for self-directed supports. Contact your local Human Service Zone or ND Health and Human Services to learn about other services and supports that may meet your needs.

STEP 2: DECIDE IF SELF-DIRECTED SUPPORTS ARE RIGHT FOR YOU

- Do you want to choose who provides your services?
- Do you want to decide how your services are provided?
- Do you want to hire and manage your own support staff?
- Do you want to help manage your service budget?

If **yes** to all questions, self-directed supports may be a good fit to you. Go to Step 3.

If **no** to any question, provider-managed services may be a better fit. Go to Step 4.

STEP 3: LEARN ABOUT SELF-DIRECTED SUPPORTS

With self-directed supports, you can:

- Choose your own support workers.
- Decide what services and supports you want.
- Have more control over your service budget.
- Make decisions about your daily supports and activities.

After reviewing your options, go to Step 4.

STEP 4: GET SERVICES & PLAN AHEAD

If you answered **yes** to the questions that apply to you, self-directed supports may help you have more choices and control over your services. **Next Steps:**

- Contact your local Human Service Zone.
- Complete any required assessments.
- Create a service plan based on your goals and needs.
- Submit your plan for review and approval.
- Get help with paperwork, budgeting, or managing services if needed.
- Review and update your plan regularly as your needs change.

RESOURCES

- North Dakota Health and Human Services: 701-328-8930 | email dhsddreq@nd.gov
- Local Human Service Zone: Find your local office to begin the application process, 701-328-8930 | www.hhs.nd.gov/service-locations/human-service/zones