

## Consumer Directed Services

The Consumer Directed Services (CDS) program is a vital support to seniors and people with disabilities maintaining their independence in their own homes. The program is unique because it allows the CDS participant to have control over their care through hiring and training their own personal care attendant, ensuring their comfort and safety while also saving tax dollars.

### Benefits of Consumer Directed Services

- Studies have consistently shown that home-and-community-based services have a lower per-individual cost than institutional care.<sup>1</sup>
- CDS gives people the dignity of remaining in their own homes instead of being unnecessarily institutionalized.
- The population of people 65 and older in Missouri is expected to grow to comprise 21 percent of the population by 2030.

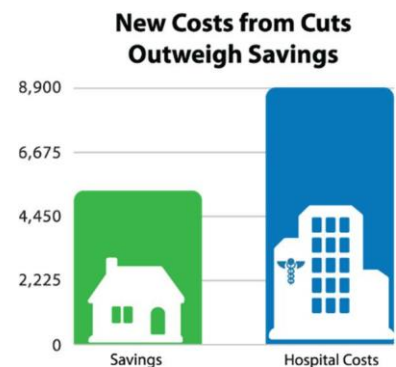
**8,811**  
**Senior Citizens and**  
**People with Disabilities**  
**Who Had Services Cut**

### Missouri's Consumer Directed Services Program

- In 1993, the Medicaid-funded Personal Assistance Services (PAS) program was established and overseen by Vocational Rehabilitation. The program grew to around 8,000 participants statewide by 2005.
- In 2005, the Missouri Department of Health and Senior Services (DHSS) took over the program and renamed it the Consumer Directed Services program.
- More than 39,000 Missourians use the CDS program for personal care attendant services.
- In 2017, the Missouri General Assembly decreased rates for CDS providers by 3 percent and created a 60 percent cap for CDS services when compared to nursing homes, cutting services for those who need them most.
- In 2019, the rate cut was restored to 2017 levels, where it remains, but the cuts to services remain in place causing seniors and people with disabilities to struggle to live independently in their own homes.

### Impact of 2017 Cuts

- Nearly 9,000 seniors and people with disabilities have experienced cuts to their health care.
- Participants with the highest needs had their services most reduced. A person who needs six hours of care per day had services reduced to four hours.
- Less care leads to an increased risk of hospitalization and higher costs. Just one hospitalization because of a lack of care cancels out any savings.
- The cuts are estimated to save about \$5,320 per participant, per year. One Medicaid hospital stay paid for by Medicaid is, on average, \$8,900.
- Many participants are making tough decisions about which daily needs will go unmet.



### Recommendations

The Missouri Legislature should remove the 60% cost cap in the CDS program to ensure that people with disabilities and seniors are able to live safely in their own homes instead of in nursing facilities.

<sup>1</sup> [https://www.aarp.org/content/dam/aarp/research/public\\_policy\\_institute/ltc/2013/state-studies-find-hcbs-cost-effective-spotlight-AARP-ppi-ltc.pdf](https://www.aarp.org/content/dam/aarp/research/public_policy_institute/ltc/2013/state-studies-find-hcbs-cost-effective-spotlight-AARP-ppi-ltc.pdf)