



*We are
Thankful for
all of you!*

*Happy
Holidays from
Team Idaho!*

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Look for the hidden



in the newsletter.

The first person to call
with its location will
win a prize!

Welcome to Consumer Direct!

Idaho Consumer Direct would like to extend a warm welcome to the participants, caregivers, and other folks that were are involved with through the My Voice My Choice program.

We would like to thank everyone involved for their time and patience during the transfer and enrollment process. We experienced a few bumps along the way, but are pleased to report a smooth road ahead. Also, we would like to express our appreciation to the Regional Case managers who helped to make the transition seamless – Kim Cole, Christian Findley, Mellie Turritin, Mitzi Gumm, Cindy McLough, Glenda Miller, Shawn Coleman, Lisa Monahan.

**Idaho's
Self
Direction
Program**



This is our first newsletter in Idaho. We use our newsletters to inform those involved in the program about changes, updates, and things of interest. We expect to publish the newsletter, at least, once a quarter. We are also looking to initiate a Consumer Advisory Council just after the start of the new year. More to follow on that.

HOT TOPIC: H1N1 Swine Flu

Here's a summary of the disease, its symptoms, and precautions you should take to help avoid acquiring it. Swine flu virus is a respiratory infection caused by flu type A viruses that typically cause outbreaks of influenza in pigs. People do not normally get H1N1 Flu, but human infections can occur. Human cases typically involve people who have had direct contact with pigs, but person-to-person transmission is suspected among recent cases.

Swine flu cannot be transmitted from eating pork or pork

(Continued on page 2)



Community Support Worker's Corner

Please take notice of your new paychecks /paysubs!

They are a pressure sealed envelope. Please be careful – they look kind of like junk mail, but they are not! It is a more efficient process and provides you with greater information on the paystub.

Please complete a Status Change form if you change your address, phone number, etc. It is hard for us to get paychecks and information to you without current contact information. It is also very important that you let us know of any changes in your bank account, if you have direct deposit. If you close your account, we can't complete a direct deposit for your paycheck!

Note: if you are completing a paper timesheet, please fill out the AM/PM bubbles – carefully. By checking the wrong bubble, it can affect your timesheet by 12 hours. That could hurt in your paycheck.



HOT TOPIC: H1N1 Swine Flu (continued from page 1)

products. The symptoms of H1N1 Flu in people appear to be similar to the symptoms of regular human influenza and include fever, cough, sore throat, body aches, headache, chills and fatigue. Some people have reported diarrhea and vomiting associated with H1N1 Flu. As with seasonal flu, H1N1 Flu may cause a worsening of underlying chronic medical conditions. The incubation period from the moment of exposure to H1N1 Flu until symptoms develop is two to seven days. Individuals are infectious to others one day before until seven days after symptoms develop. Persons who develop symptoms of respiratory illness should contact their medical provider who can arrange for tests to determine whether the disease is due to H1N1 Flu.

Antiviral drugs such as Tamiflu and Relenza are available by prescription. They are effective in this disease if the patient starts to take them within the first 48 hours of illness. All persons are reminded to follow these

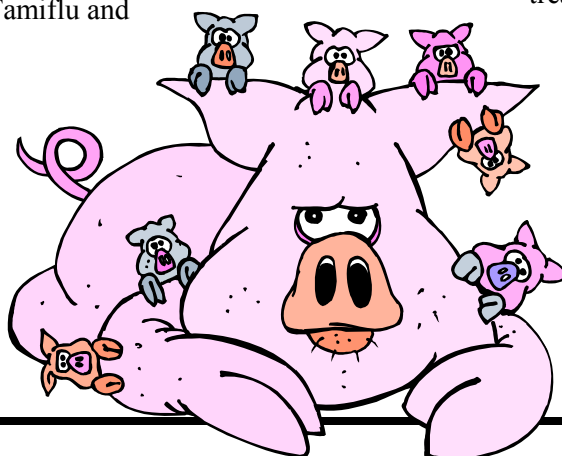
precautions in day care centers, schools, and homes.

- 1. Cover your cough or sneeze with a sleeve or tissue.**
- 2. Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hand sanitizers are also effective.**
- 3. Avoid touching your mouth, eyes and nose with your hands.**
- 4. Try to avoid close contact with sick people.**

If you get sick, stay home from work or school and limit contact with others to avoid infecting them. Patients experiencing severe symptoms, such as difficulty breathing, should seek health care and treatment.

Please practice Standard Precautions at all times when providing care services. We want you and those you care for to be safe from this disease.

For more information you can go to the Centers For Disease Control and Prevention, (CDC) website at <http://www.cdc.gov/h1n1flu/>



Thanks for all you do!

Participant's Corner

Consumer Direct recently rolled-out an new website. www.MyDirectCare.com It is a great tool to help you manage your resources. The new website allows you to: complete and submit electronic timesheets; review the latest (updated every 24 hours) Spending Summary Reports; and search or list positions on the Job Board.



Don't forget about the regular website – www.ConsumerDirectOnline.net This site will get you access to all of the forms and materials you will need for the program, e.g. materials to hire a new employee, etc.

If you receive Vendor Invoices, please complete the Vendor Request form as soon as you receive the invoice, and submit them to us for payment. We are now processing vendor payments on a weekly basis.

Consumer Direct mailed out survey forms last week. Please complete and return the forms in the self-addressed, stamped envelope. Your feedback helps us improve our materials and service. Your comments are greatly appreciated.



Support Broker Corner

About 45-60 days from the end of a participant's end-date, we are mailing out a reminder letter. The letter informs them of their end-date and suggests that they review their **Spending Summary Report** and contact their Support Broker to make any changes.

If you need to help a participant in moving funds from one service category to another, please use a **Budget Change form**. The form is available at www.selfdirection.idaho.gov Once it is completed, submit it to the participant's case manager, they will forward it to us for processing.

As a reminder, when completing a new **Employee Agreement**, please be sure to indicate the service category and the wage rate. This information is important to getting the employee paid and keeping an accurate budget balances.



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Go Green!

Please provide Consumer Direct with your email address so you can receive your newsletters and other correspondence electronically.



Everyone can be the rainbow to someone's cloud...

Maya Angelou

Who are we and what do we offer?

Consumer Direct has over 12 years of experience assisting people to self-direct their services and supports. The company offers innovative tools to help you be successful in managing your services.

We look forward to working with you in Idaho's self direction program, My Voice, My Choice.

Staff are in the Idaho Consumer Direct office Monday through Friday from 8:00 a.m. to 5 p.m. to answer your questions. The office is closed on weekends and holidays.



-Home Care-

Your Way!



You Are the Boss!

A Self-Directed program puts you in charge, allowing you to hire someone you know and trust to be your caregiver. You also get to train, schedule, and supervise the caregiver(s) you choose. Consumer Direct will support you. We do the paperwork, payroll, and record keeping.

***If you'd like more control over your care,
contact us at 1-888-898-0470
for more information.***