

# **Your Guide to Directing Your Own Supports in Virginia**

[Your Guide to Directing Your Own Supports in Virginia](#) provides helpful information about finding and directing your supports and services. The guide covers topics about directing your own personal assistant, respite and companion supports. If you need help managing your self-directed supports and have a family member or caregiver who acts as your “Employer of Record,” he or she will also find this guide helpful. The Guide is written in our “easy speak” language to help you either re-enter life back in the community or continue living successfully in the community.