

Don't let physical limitations affect your ability to remain independent at home: contact us today!

Catholic Charities can help you with:

- ✓ Tips for hiring your Self-Direct Worker
- ✓ Providing background checks
- ✓ Developing a job description
- ✓ Creating flyers to post in your community
- ✓ And more — call or visit ccmaine.org/ISS for more information



As with all Catholic Charities Maine programs, services are extended to all eligible persons of all faiths and beliefs.

**For more information, call:
1-888-ISS-CCME (1-888-477-2263)
TTY: Maine Relay 711**

**or visit us online at
www.ccmaine.org/ISS**

Funding

Our services have the generous support of the Maine Department of Health and Human Services, the United Way, county and municipal governments, businesses, friends and concerned citizens.

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Community Partner

**Catholic Charities
Independent
Support Services**

1/2026

Self-Directed Help at Home



How to Hire Your Own Self-Direct Worker

**Catholic Charities
Independent
Support Services**



With Self-Directed Help at Home, You're in Charge!

Maybe you need help with household chores and laundry, or shopping and other errands. Perhaps you've got a friend, loved one, or acquaintance who is willing to help out for a couple hours a week in return for a little extra income.

The Catholic Charities Independent Support Services Self-Direct option lets **you decide what services you need, when you need them — from someone you choose.**

What is a Self-Direct Worker?

A Self-Direct Worker provides in-home assistance with routine light housekeeping, laundry, errands, meal planning/preparation, and other essential tasks. They may be a family member, friend, acquaintance, or someone from your local church, community center, library, grocery store, or other neighborhood group (note: they cannot be someone living with you.)

Self-Direct Workers must be at least 17 years old and pass background checks, provided as a courtesy of Catholic Charities.

Why choose Self-Directed Help at Home?

With a growing number of aging seniors in Maine, it can be difficult to find agency Independent Support Workers. With the Self-Direct option, you can:

- Choose someone you already know and trust
- Enjoy peace of mind by having a consistent Self-Direct Worker
- Receive services more quickly by not having to wait for an agency Independent Support Worker
- Direct your own home help
- Feel good about managing your own life with a little "help at home!"



Paying your Self-Direct Worker

If you have a co-pay:

You will be responsible to pay your Self-Direct Worker a small copay, in addition to the reimbursement which Catholic Charities provides to you for the workers' hours.

OR

If you are eligible for the co-pay waiver:

You will be responsible to pay your Self-Direct Worker the full reimbursement which Catholic Charities provides to you for the worker's hours.

You are always allowed to pay your Self-Direct Worker more money per hour, if you like.

Find out more about eligibility
and access helpful resources,
visit us online at:
www.ccmaine.org/ISS

Note: Catholic Charities cannot provide tax advice to either you or your Self-Direct Worker. Please note that ISS reimbursement payments to you as the "Employer" are not considered income by Catholic Charities Maine.