



# Introduction to Self Determination



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# Main topics for Today

- Overview of Self Determination
- Steps to Self Determination
- Independent Facilitator Role
- Person-Centered Plan
- Budget Meeting
- FMS
- Spending Plan
- IPP



# Principles of Self - Determination

## 1. FREEDOM

To make choices for one's own life. The individual makes the decisions

## 1. AUTHORITY

To decide how the budget is spent for one's own services and supports

## 1. SUPPORT

Not doing it alone. One can choose who they want to support them

## 1. RESPONSIBILITY

An individual is responsible for their own decisions

## 1. CONFIRMATION

The individual and their team ensure that everything is working for the individuals' benefit





# More about Self Determination

1. It is not new. Other states have been using it for years
2. California had a pilot project with five Regional Centers for almost 20 years
3. People who are in Self Determination love it and it is working for them
4. There was a roll out phase from 2017-2020 where more than 2,500 people were selected.
5. The Program opened statewide in July 2021
6. There are thousands of people in SDP now.





# More about Self Determination

1. A person chooses to be in SD, but they have the option to stay in the traditional system
2. A person can leave the program at any time
3. SD follows a person if they transfer to another Regional Center
4. If a person leaves the SD program, they have to wait 1 yr to get back in
5. They have the same rights as before





# The Benefits



- Better quality of life
- Reduce unmet needs
- With choices there are better outcomes
- Costs may be reduced and SD increases flexibility
- Get better quality of services, employees and more options when people can pay more to their caregivers
- Allows creativity with the services a person receives
  - Parents of adult participants can work for their child and get paid
  - Items that meet a person's' needs, but were not previously covered by RC can be purchased



# Traditional System Vs. Self Determination

Traditional System	Self Determination
Traditional Model (focused on systems, not the person)	PCP (Person Centered Plan and Thinking)
IPP (Individual Program Plan)	IPP (Individual Program Plan)
RC (Regional Center)	RC (Regional Center)
Vendored Providers	Vendored / Non Vendored providers
	Individual Budget
	IF (Independent Facilitator)
	FMS (Financial Management Service)

Self Determination = Flexibility to choose your own services and supports. You have control over your budget to purchase services.

# Services Included in Self -Determination

## Living Arrangement

- Respite
- Live-In Caregiver
- Homemaker
- Housing Access Supports
- Community Living Supports

## Employment & Community Participation

- Community Integration Supports
- Participant-Directed Goods and Services
- Individual Training & Education
- Technology Services
- Transition/Set Up Expenses
- Non-Medical Transportation
- Prevocational Supports
- Independent Facilitator

## Health and Safety

- Environmental Accessibility Adaptation
- Acupuncture Services
- Personal Emergency Response System
- Home Health Aide
- Communication Support
- Skilled Nursing
- Nutritional Consultation
- Crisis Intervention and Supports
- Behavioral Intervention Services
- Specialized Medical Equipment and Supplies
- Family/Consumer Training
- Personal Assistance (Medi-Cal-UHSS)
- Dental Services
- Lenses and Frames
- Optometric-Optician Services
- Behavioral Health Services
- Training and Counseling for Unpaid Caregivers 8
- Speech – Hearing and Language Therapy
- Chiropractic Services
- Massage Therapy
- Occupational Therapy
- Physical Therapy
- Vehicle Modifications and Adaptations
- Family Support Services
- Durable Medical Equipment

\* Generic resources must be accessed first. The SD budget cannot be used to pay for rent, utilities bills, food, hotel rooms, travelling and/or school tuition.



# Steps to Self Determination

1. Candidates must notify their Service Coordinator that they want to transition to Self Determination
2. They must attend an orientation
3. Decide if they want to use an Independent Facilitator, their Service Coordinator or manage the process themselves
4. Develop a person-centered plan and submit it to the Service Coordinator
5. Get the budget certified
6. Select an FMS and model
7. Decide what services to use with the budget
8. Get the spending plan approved
9. Finalize your Individual Program Plan (IPP)
10. Self Determination!





# Independent Facilitator Role and Benefits



- Trained experts about Self-Determination
  - Knowledgeable about the traditional system
  - Bring experience making it a smoother transition
  - Can help access generic resources
  - Help develop the Person-Centered Plan
  - Help you with the spending plan and find resources
- Knowledgeable about services and providers in the community
  - Can do the research for the client
  - Can continue helping once a person is enrolled in Self Determination
  - Can manage a clients' employees and vendors while they are in Self Determination
  - A partner with clients in the process

# Person-Centered Plan (PCP)



## The foundation of Self -Determination

- Living document that is the foundation for every step in the SD Program
- Allows an individual to decide the focus and participants in the PCP meeting/process
- Focuses on an individual's strengths and what is important to and for them
- Helps a person think about their goals, hopes and dreams
- Helps identify any unmet needs or changes in circumstances
- Helps an individual identify what is needed to meet their goals and how to achieve them
- The PCP will help others understand their role and how to work with an individual to reach their goals
- Once the PCP is developed, it is submitted to RC and the next step is to request a budget meeting

# Budget Certification

- A budget meeting is set with the Service Coordinator and a supervisor
- In the meeting, it is determined how much was spent on services in the last 12 months. This is the starting SD budget
- Unmet needs and changes in circumstances are discussed
  - **Unmet need**: needed services in an IPP that were not used, or needs that were not addressed in the IPP
  - **Change of circumstance**: life has changed and so have the needs
- Once satisfied with the budget, it is signed and returned to RC.





# Financial Management Service (FMS)

## Select the Financial Management Service (FMS) and FMS model

- **Bill Payer:** Hire the FMS to pay an agency selected to provide services
- **Co-Employer:** Hire the FMS to be the employer on an individual's behalf
- **Sole Employer:** Hire the FMS to be an individual's agent; the individual is the employer
- A required service

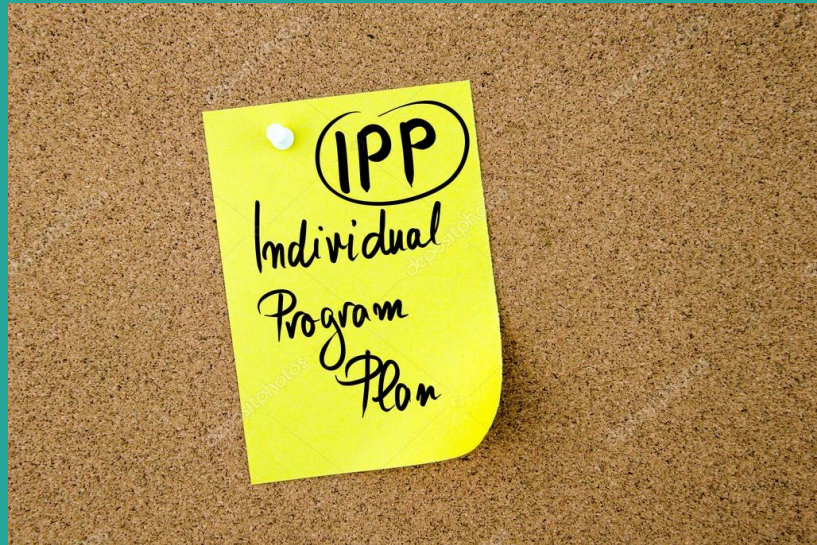


- Handles the money, verifies provider qualifications, complete background checks and pay providers
- The cost comes out of the budget

# Individual Program Plan

An individual meets with their Service Coordinator to develop the IPP

- They still have a contract with the RC
- They continue to have an IPP based on the PCP
- The Service Coordinator is responsible for the IPP
- The IPP will include parts of the PCP and the spending plan





**Enrollment in Self Determination!**





## Leah, 7 years old

Leah is a creative, fun and adventurous girl.

With SD Leah has been able to access:

- Tennis equipment and lessons to support physical health and socialization
- iPad and technology tools to support at home learning, communication and socialization
- Horse therapy and equipment
- Tutoring and advocacy services
- Neurofit Systems movement program
- Community Integration support to take her to her activities







# Jannel, 6 years old

Jannel loves to dance, have fun and play music.

Activities and items with Self Determination:

- Adaptive Bicycle
- Better internet connection
- PC computer with a big monitor and headsets
- Communication and sensory integration
- Community and social Integration support
- Uber for Jannel to go to different places
- A tutor with experienced in LindaMood-Bell and similar programs to teach her to read
- Behavior support that works best for her
- Advocacy to access needed services



## Learning to ride my new purple bicycle!



“Jannel can choose services that interest her, such as swimming, dancing, and going out into the community with someone the family trusts. I have seen a significant advance in all areas of Jannel's life but especially in her speech which I did not see for years in the traditional system.”\*Marta,

*Jannel's mother*





# Having fun at the park with community Integration sup





ANY  
QUESTIONS  
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