

THE CONSUMER CORNER

A newsletter for the North Bay community

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Volume 1

Issue 2

Fall 2022

MESSAGE TO ALL CONSUMERS

This newsletter is an opportunity for all consumers to be aware of the many ways to become active in your community. I want to emphasize that this newsletter is for you, the consumer. So, if you have any suggestions that you want me to share with others, please feel free to contact me and share those ideas. I am looking forward to the winter issue that will come out sometime later this year, or in early January. I hope you all have a jolly time during the holidays!

How can I connect with you?

As of now I have three avenues to connect with you: Quarterly newsletter, Monthly Consumer chats, by email or by Phone.

What topics would you like to learn more about?

I am very knowledgeable about different committees, Special Olympics and helpful resources for consumers living in the North Bay community. But tell me what else you want to know about and learn! I will do my best to find experts in other areas and have them share that information with you through this newsletter and the other ways described above.

“I am Brave, I am Bruised, I am who I’m Meant to Be, this is me”

Bearded Lady from Greatest Showman

Monthly Consumer Chats

I would like to introduce you to the Consumer chats that would be taking place on zoom. By joining these monthly chats is an opportunity make new friends while learning new advocacy skills. These meetings will also give tips on how to lead your own meetings-let’s talk about how to do that! They can also give you an understanding of how I can be of service to each of you. By meeting your Consumer Advocate at NBRC and you will establish a



professional relationship with her. Get insight into how things work at NBRC and how we are willing to serve you best!



FEATURED ARTICLE

What is Self-Determination or SDP (Self-Determination Program)

by Valerie Moore, SDP Supervisor

The Self-Determination Program provides individuals and their families with an alternative to the traditional way the regional center provides services. This person-centered program affords participants more authority over their service needs and preferences.

Participants are empowered to select providers that will deliver the services they feel will best support their individual goals, while being responsible for the dollars allocated by the regional center. Now, consumers have the freedom to decide what they want their life to look like and create a plan to make it happen.

Self-Determination provides flexibility in choosing your services, supports and providers. In the Self-Determination program, you can receive different services from qualified individuals or organizations in your community, not just those available through the regional center. In the traditional program, your regional center service coordinator is the main person who helps you find the services you need. In Self-Determination, you get to decide who you want to help you. With the help of an Independent Facilitator (that you select) you can ask family members, friends, or others you know, achieve your hopes and dreams. An Independent Facilitator acts as a guide and sometimes advocate for the services you need. The Regional Center will create a certified budget and then you will work with your Independent Facilitator to create a plan to spend the dollars on the services you select. As with traditional services, these providers will help you meet the goals identified in your Individual Program Plan (IPP).

To be eligible for the program, individuals are required to be a consumer of NBRC living at home with family, in the community or in a group home. For a program overview and to satisfy the first step of the enrollment process, please attend one of the scheduled orientation sessions presented by the State Council on Developmental Disabilities (SCDD) or NBRC. You can find the registration link at nbrc.net or at SCDD.ca.gov

In addition, you can ask questions or find more information by contacting the SDP team at sdp@nbrc.net. You can also contact Education Spectrum, they are working with NBRC as a consultant to help individuals learn more about and transition to Self-Determination. Their information can be found on our website and you can schedule an appointment to meet with them to discuss your questions regarding Self Determination.

Who's who at the North Bay Regional Center



Sara Speck, Co-Chair of the NBRC Consumer Advisory Committee and Secretary of the NBRC Board of Directors

What are your other job duties for North Bay Regional? In addition to being the CAC Co-Chair, Sara is the Board Secretary for the North Bay Regional Center Board of Directors, and a Public Policy Advisory Committee Member for the North Bay Regional Center. Her perspective as a person who receives services from NBRC is critical to the board and their decisions that impact all of the people supported by NBRC.

Here are some fun facts about Sara

- She is a huge country music fan
- Her favorite tv show is Friends

Sara relaxes by listening to music, taking walks on the path by her house, coloring with colored pencils and doing housework. Sara loves the feelings of getting chores done.

Words of Advice from Sara

- * Always believe in yourself.
- * Be the best person you can be.
- * Have confidence in what you know you can do.
- * Don't let anyone tell you that you aren't capable.
- * Don't listen to anyone who tries to limit you from trying.
- * It's okay to reach out for help if you need it.

Closing thoughts and ideas

- Who is your professional inspiration?
- What do you want to do with your life?
- If you could take a trip anywhere in the world, where would you go?

Until next time, enjoy the upcoming holidays and take time to enjoy your family and friends!

Ellen



