

Self-Determination Program

Informational
Meeting



Self-Determination Program

- What is self-determination?
- How is it different than what I have now?
- What key things do I need to know?
- How does self-determination work?
- I like it! How do I enroll?

Before we get started...

Here are some terms you'll hear:

- Person-Centered Planning
- Individual Program Plan (IPP)
- Regional Center Service Coordinator
- Independent Facilitator
- Financial Management Services
- Individual Budget

Principles of Self-Determination

FREEDOM

Plan your own life and make your own decisions

AUTHORITY

Decide how your budget is spent for your services and supports

SUPPORT

Choose your own paid and unpaid services and supports

RESPONSIBILITY

Take responsibility for the decisions you make

CONFIRMATION

Make decisions in your life by designing the service(s) that you rely on



What is Self-Determination?

You have an individual budget from which you:

- Buy your services and supports
- Decide who helps you
- Choose where you go in the community
- Select who you spend time with

Learn More About Self-Determination

<https://youtu.be/E5nsK9je-nA>



How is Self-Determination Different?

- Flexibility
- You can buy services, not just those through the regional center.
- You control a budget to buy services

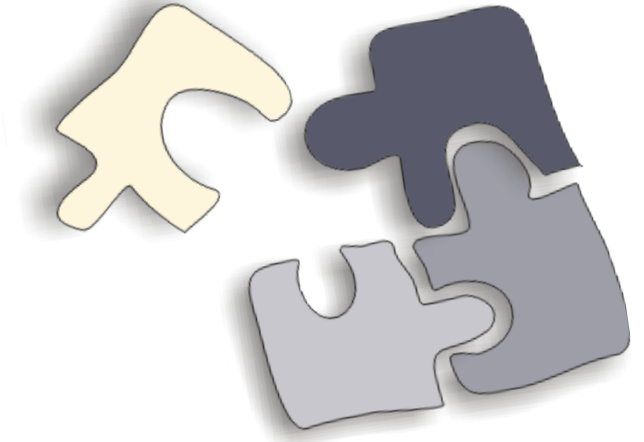


Keep in mind when planning ...

- Tailor services that fit your needs
- Services and supports align with individual goals
- Services that support full access to your community

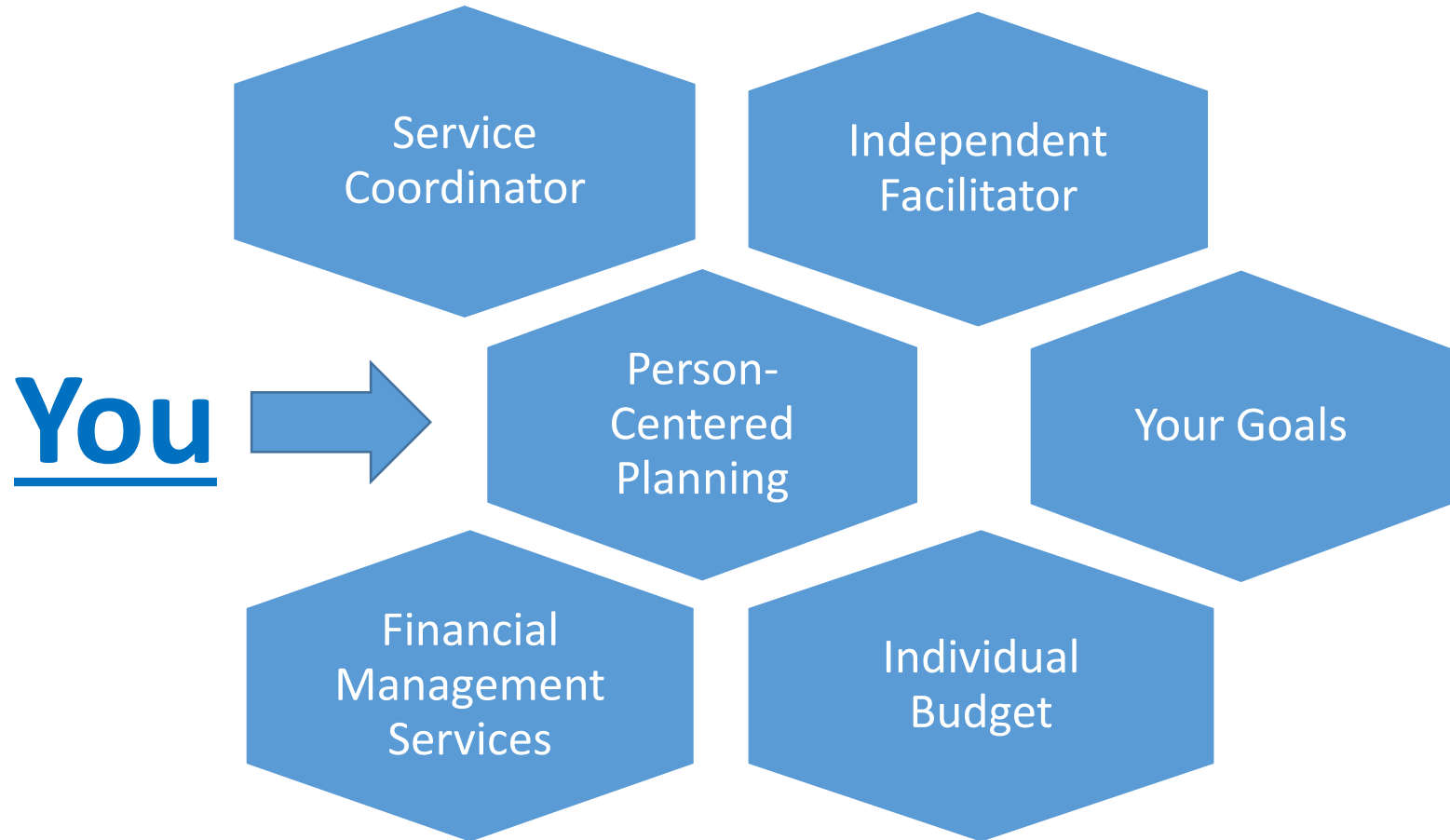
Key things I need to know...

Where Are We Now?



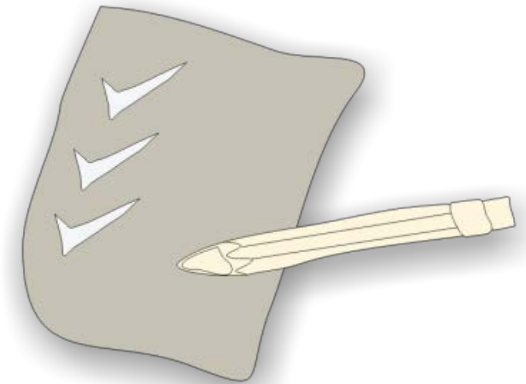
- Federal funding approved
- Open to 2,500 participants statewide
- After three years, the program will be available to everyone

How Does Self-Determination Work?



Person-Centered Planning

- You drive the process that helps you think about your goals, hopes and dreams
- You decide who helps you with the planning
- Sounds like I'm getting my team together!
 - Who should be there?
 - What do I enjoy doing?
 - What do I need to meet my goals?
 - What choices do I get to make?
- I know what I want, now what?
 - Write a plan
 - What goes in it?



Regional Center Service Coordinator

- Helps with services and supports through the regional center system
- Helps with determining your individual budget
- Develops your individual program plan or IPP
- Can act as your independent facilitator, if you choose

Independent Facilitator

- If you choose to hire an Independent Facilitator, they are paid from your individual budget
- Or, you can choose someone who does not wish to be paid
- You can have this person help with as much or little as you want
- If you want, this is someone who can help you:
 - In the person-centered planning process
 - Find people and providers to support you
 - Determine how much things will cost

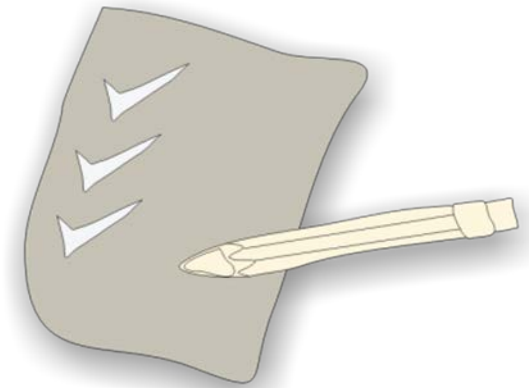
Individual Budget



- The individual budget is the amount of money you can use for your plan
- It is based on the amount the regional center spent for your services in the last 12 months
- The individual budget amount can be changed if your needs change
- You still need to access generic services first

Financial Management Service Provider

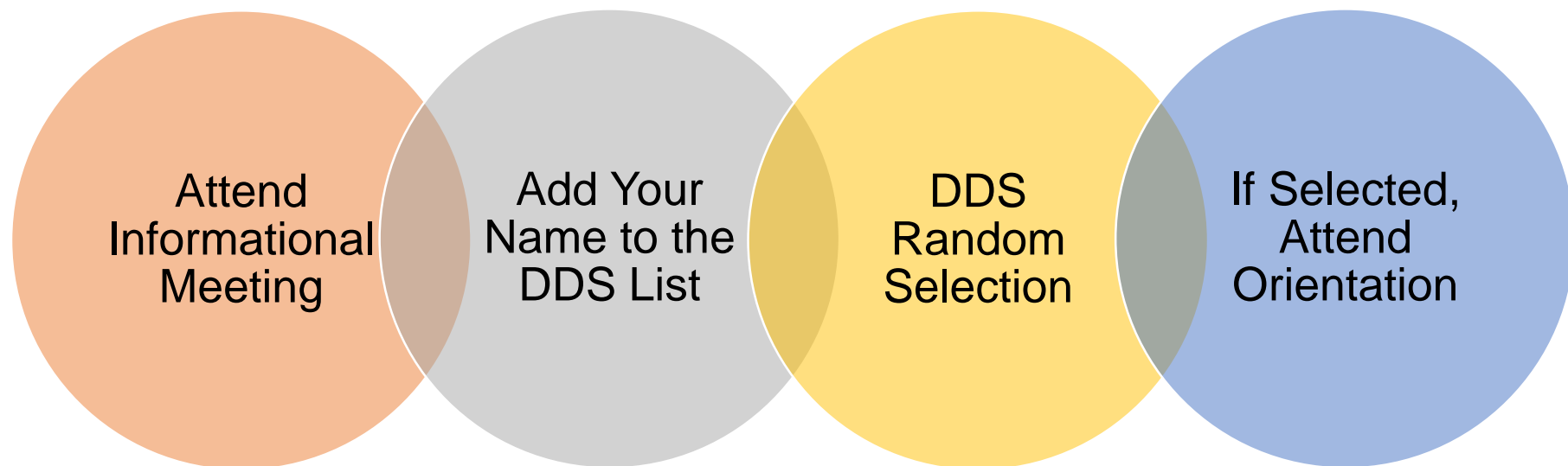
- Handles the money
- Verifies provider qualifications
- Background checks
- Pays your providers
- This is a required service



In review ...

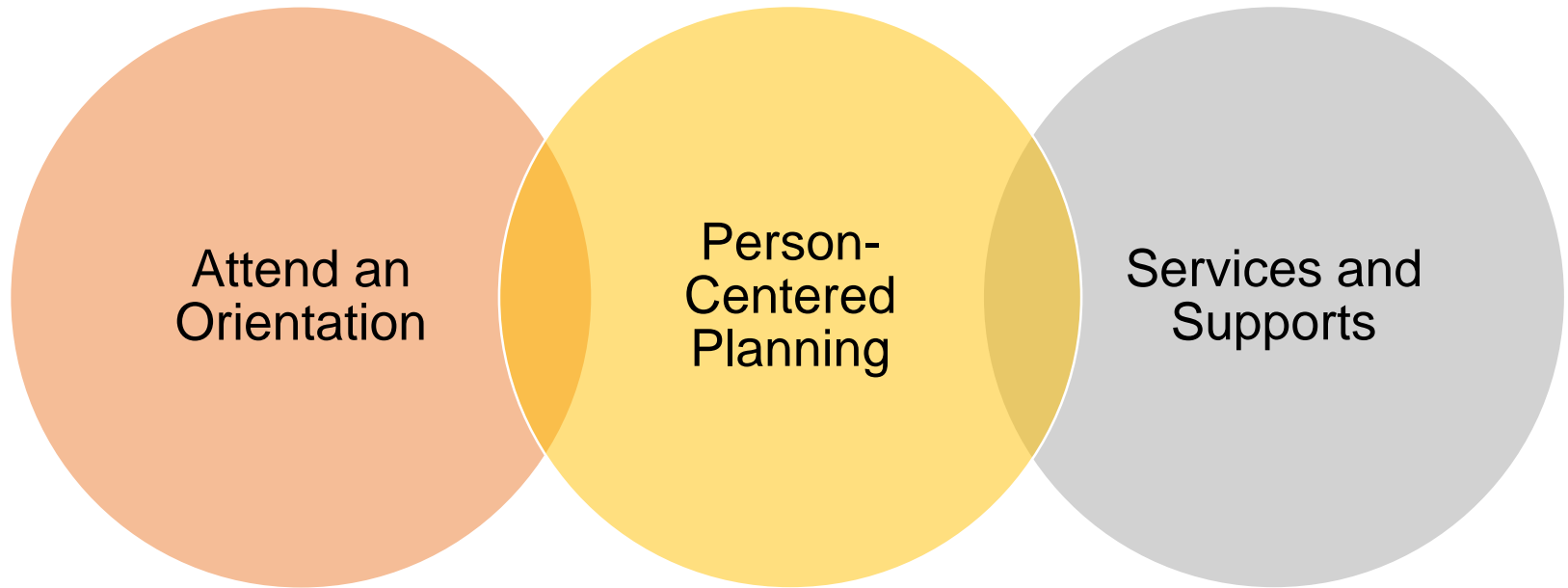
- You are the focus and you guide your goals, services and supports
- You choose who helps you with your plan
- You can work with an Independent Facilitator of your choosing
- Your services are paid for from your individual budget
- Your Financial Management Service Provider helps you

Enrollment Process



Once you've attended your regional center orientation, you are a part of the Self-Determination Program.

Being a Part of the Self-Determination Program



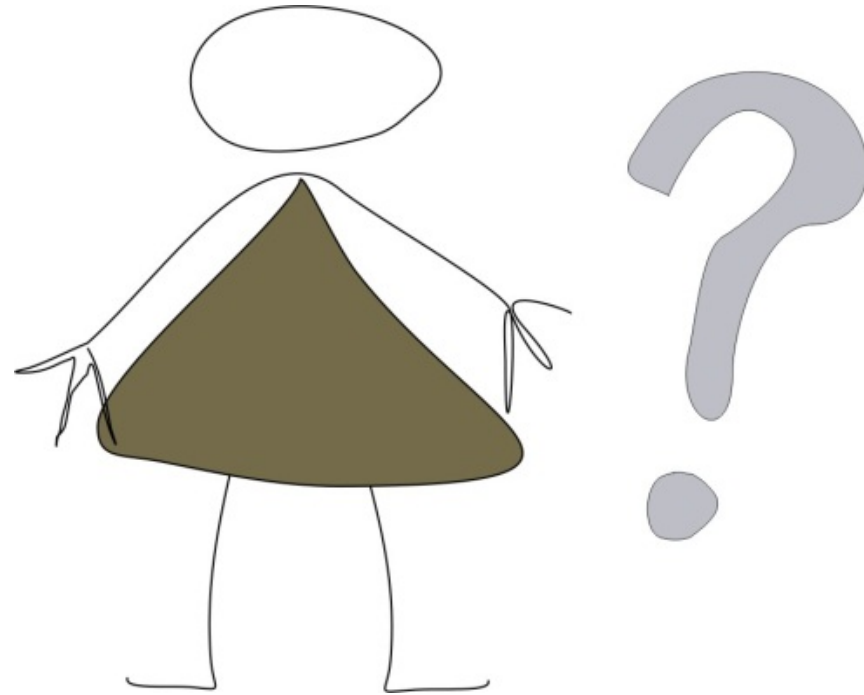
You guide your team in deciding how the Self-Determination Program will work best for you!

Number of Participants Per Regional Center

Regional Center	# of Participants	Regional Center	# of Participants
Alta California	175	North Los Angeles County	174
Central Valley	141	Orange County	155
East Bay	155	Redwood Coast*	55
Eastern Los Angeles*	114	San Andreas	126
Far Northern	62	San Diego*	194
Frank D. Lanterman	74	San Gabriel/Pomona	102
Golden Gate	74	South Central Los Angeles	107
Harbor	98	Tri-Counties*	114
Inland	244	Valley Mountain	95
Kern*	103	Westside	67
North Bay	66	Total=	2500

*Number listed includes those currently in the Self-Determination Pilot Program

Questions?



Interested? We need some information!

Email: sdp@nbrc.net

- Name
- Mailing Address
- UCI #, if known



Website: www.dds.ca.gov/sdp/
Email: sdp@dds.ca.gov
Thank You

