Self-Determination

Module 1: Introduction

What is Self-Determination?

Self -Determination is:

- Choice, Control and Responsibility
- Services and Supports that fit your life
- You get to decide how your budget is spent
- Lots of support
- Person Centered

Self-Determination is having a choice in all areas of your life including where you want to live, how you will spend your time each day and who you will spend your time with. It's about having hopes, dreams, and goals for the future and going after them. It's about being in control, making your own decisions, and spending money your way.

Five Principles of Self-Determination

1. **Freedom** - You plan your own life and make your own decisions, just like people without disabilities are able to do.

2. **Authority** - You decide how money is spent for your services and supports.

3. **Support** - You pick the people and supports that help you live, work and play in your community.

4. **Responsibility** - To make decisions in your life, to be accountable for using public money and to accept your valued role in the community.

5. **Confirmation** - You are the most important person when making plans for your life. You are the decision maker about your services. Self-Determination means "Nothing about you without you."

What will be Different?

Traditional Services

- Person centered planning
- Individual Program Plan (IPP)
- Regional Center
- Vendored Providers

Self-Determination

- Person centered planning
- Individual Program Plan (IPP)
- Regional Center
- Vendored or Non-Vendored Providers
- Individual Budget
- Independent Facilitator
- Financial Management Service (FMS)

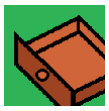
Rights of Individuals with Developmental Disabilities

Derechos de Personas Incapacitadas

Each person living in or receiving services in this facility has the following rights: Toda persona viviendo o recibiendo servicios en este lugar tiene los siguientes derechos:

You have the right to wear your own clothes. You should be able to pick the clothes you wear.

Tienes el derecho de usar tu propia ropa. Tu podrás escojer la ropa que quieras usar.



You have the right to keep your own things in a private place that you can get into when you want.

Tienes el derecho de tener tus cosas en un lugar privado para usarlas cuándo quieras.

You have the right to see your friends, family, girlfriends or boyfriends every day.

Tienes el derecho de ver a tus amigos, familia, novio(a) todos los días.

You have the right to use the telephone privately to make or get calls. Tienes el derecho de usar el teléfono para hacer o recibir llamadas en privado.

You have the right to have paper, stamps and envelopes for writing letters. You have the right to mail and get letters that are not opened.

Tienes el derecho de tener papel, estampillas y sobres para escribir cartas. Tienes el derecho de mandar y recibir correspondencia sin que ésta haya sido abierta.

You have the right to say "NO" to electric shock therapy.

Tienes el derecho de decir NO a la terapia de descargas eléctricas.

You have the right to say "NO" to anybody trying to change the way you act by hurting you, scaring you or upsetting you.

Tienes el derecho de decir NO a cualquier persona que trate de cambiar tu manera de ser, lastimandote, asustandote o causandote un disgusto.

You have the right to say "NO" to brain surgery that people want to do because of the way you act.

Tienes el derecho de decir NO a una operación del cerebro, tan sólo porque la gente quiere que cambies tu forma de actuar.

You have the right to choose how you want to spend your free time and who you spend it with.

Tienes el derecho de escojer como pasar tu tiempo libre y con quien.

You have the right to services that help you live, work and play in the most normal way possible.

Tienes el derecho de recibir servicios que te ayuden a mejorar tu vida, a trabajar y jugar de la manera más normal posible.

You have the right to keep and spend your own money on the things that you want and to keep and use your own things.

Tienes el derecho de tener y gastar tu dinero en cosas que quieras y tener y usar tus propias cosas.

You have the right to be treated well and with respect.

Tienes el derecho de un trato justo y respetuoso.

You have the right to spend time alone or alone with a friend.

Tienes el derecho de estar solo o con un amigo.

You have the right to go to school.

Tienes el derecho de asistir a la escuela.

You have the right to see a doctor as soon as you need to.

Tienes el derecho de ver a un doctor inmediatamente que lo necesites.

You have the right to be involved in a religion if you want to be.

Tienes el derecho de participar en la religión que tu quieras.

You have the right to meet people and take part in your community activities.

Tienes el derecho de conocer a otras personas y a tomar parte en las actividades de la comunidad.

You have the right to exercise and have fun.

Tienes el derecho de disfrutar y hacer ejercicio.

You have the right to say "NO" to things that will put you in danger.

Tienes el derecho de decir NO a las cosas que pudieran ponerte en peligro.

You have the right to make choices about where you live, who you live with, the way you spend your time and who you spend your time with.

Tienes el derecho de escojer en donde vivir, con quien vivir, la manera de como y con quien usar tu tiempo.

You have the right to say "NO" to drugs, being tied or held down, or being forced to be alone unless it is necessary to protect you or someone else.

Tienes el derecho de decir "NO" a las drogas, de no ser atado, o de mantenerte separado al menos que sea necesario para protegerte o proteger a otras personas.

You may have other rights as provided by law or regulation.

Tu pudieras tener otros derechos que la ley o las regulaciones proveen.

The Department of Developmental Services would like to acknowledge the following: Capitol People First, Short Center North/DDSO Inc., Mayer-Johnson Co.

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Points to Remember

- The Self-Determination Program is a voluntary program. It's your choice to be in the program or to leave the program.
- If you decide to leave the Self-Determination Program, you won't have the opportunity to return to the program for 12 months.
- If you move somewhere else in California, you can stay in the Self-Determination Program no matter which regional center you receive services from.
- You must live in the community to be in the Self-Determination Program. For example, you cannot live in a licensed long-term health care facility or at a Developmental Center and be in the Self-Determination Program unless you've identified that you will be moving into the community within 90 days.

My Notes & Next Steps