California's Self-Determination Program for Individuals with Developmental Disabilities



Painting by Sydney Edmond
Poet and artist with autism
San Diego

Your Life Your Way

A plain-language presentation created by the
Self-Determination Local Advisory Committee of

WESTSIDE REGIONAL CENTER



NOTES:

Bullet 1: You can choose who supports you everyday to reach your dreams.

Bullet 2: No one can force a person into or out of the Self-Determination Program.

Bullet 3: You don't have to do this by yourself! You will have help from people to find your services and workers. You will have help with your budget.



NOTES:

Bullet 1: Your services and supports can be from anyone in the community. No one tells you who to choose.

Bullet 2: You can choose the workers who assist you everyday. You can interview them, hire them, supervise them, and fire them, if needed.

Bullet 3: No one can tell you where you go each day. You are the boss of you!

Bullet 4: No one can tell you who your roommate is or who you have to hang out with. You can choose your own friends and your own roommates.



NOTES:

•This photo is of Governor Jerry Brown signing the self-determination bill into law in 2013.

•This law was written and supported by individuals with developmental disabilities and their families.

• The people in this picture were key to getting this law passed and includes parents, individuals with developmental disabilities and Senator Bill Emmerson, the author of the bill.

BEFORE YOU MOVE ON TO THE NEXT SLIDE IN WHICH A FILM WILL START IMMEDIATELY, SAY:
For the next slide, you will be seeing a short film on the Self-Determination Program created by the Department of Developmental Services, or DDS. This film features many individuals and families who are participants in the Self-Determination Pilot Project. More than 200 people have participated in the pilot project since 1997 from five regional centers.

They are: San Diego, East LA, Tri-Counties, Kern, and Redwood Coast Regional Centers.



See notes from previous slide.



NOTES:

We are now going to talk about how the Self-Determination Program will work for you.

First, we will talk about Person-Centered Planning, which is at the core of self-determination.
Second, we will learn about the Independent Facilitator and how they can help you.
Then we will talk about how you can make your person-centered plan work – what kinds of unique services and supports you can buy.
Then we will hear about how you create your Individual Budget and how you can change it, if needed.
We will then talk about presenting your plan and budget at your IPP meeting with your service coordinator at your regional center.
Finally, we will let you know about the Financial Management Services – these are the people who will pay the bills and help you hire workers and keep your budget.

How Does Self-Determination Work?

PERSON-CENTERED PLANNING





NOTES:

It's about your hopes and dreams:
•Person-centered planning allows you to think big about yourself and your future. It is about the person's hopes and dreams, not what others think you should be doing.
•Person-centered planning is based on your strengths and what you do well and things you enjoy doing.
•For small children, the plan is more of a Family-Centered Plan because the family is so critical at this point. As the child gets older, she or he should start to make more of their own decisions about what they want to be doing.

Hold a Planning Meeting: You will have a planning meeting that should take place where you are comfortable and at a time that works for you. Someone can help you plan the meeting, if you want.

Get help from people you trust:
You get to invite anyone you want to be part of your planning meeting. Friends, family, teachers, therapists, employers, neighbors. Anyone who you think might be able to help you reach your goals. <u>And you don't have to invite people that you don't want to be there!</u>

Create a written plan:
You will have an important meeting where you will discuss your dreams and goals and then set out a plan to meet the goals. After that meeting, the facilitator will write up a plan that lays out all of the important information decided at the planning meeting. You make the decisions that are in your written plan.

How Does Self-Determination Work?

Person-Centered Planning → **INDEPENDENT FACILITATOR** →





NOTES:

Bullet 1: The Independent Facilitator can lead your person-centered planning process. They will do a pre-plan with you to decide who to invite to your planning meeting. They can help you invite people to a meeting. They will lead the planning meeting and take notes. They can then write up your plan so that you can show it to people.

Bullet 2: The Independent Facilitator can help you find workers and staff to support you. They can help you find lots of great things to do in the community.

Bullet 3: The Independent Facilitator can help you develop your Individual Budget by figuring out how much the things will cost that you want to do.

Bullet 4: The Independent Facilitator can come to your IPP and help explain your plan and budget. If you need help with changing your budget, they can advocate for you.

Bullet 5: The Independent Facilitator can help you manage the workers who help you everyday. They can teach you how to make sure your workers are meeting your needs.



NOTES:

Bullet 1: You don't have to have an Independent Facilitator. This is your choice.

Bullet 2: The costs of the Independent Facilitator will be paid out of your Individual Budget. But your budget will not be increased to include the costs.

Bullet 3: The facilitator must be independent. This means that they can't be providing you with other services paid for through the regional center, such as your ILS worker or your respite worker.

Bullet 4: If you want, you can have your service coordinator be your Independent Facilitator.

How Does Self-Determination Work?

Person-Centered Planning → Independent Facilitator → MAKING YOUR PLAN WORK





NOTES:

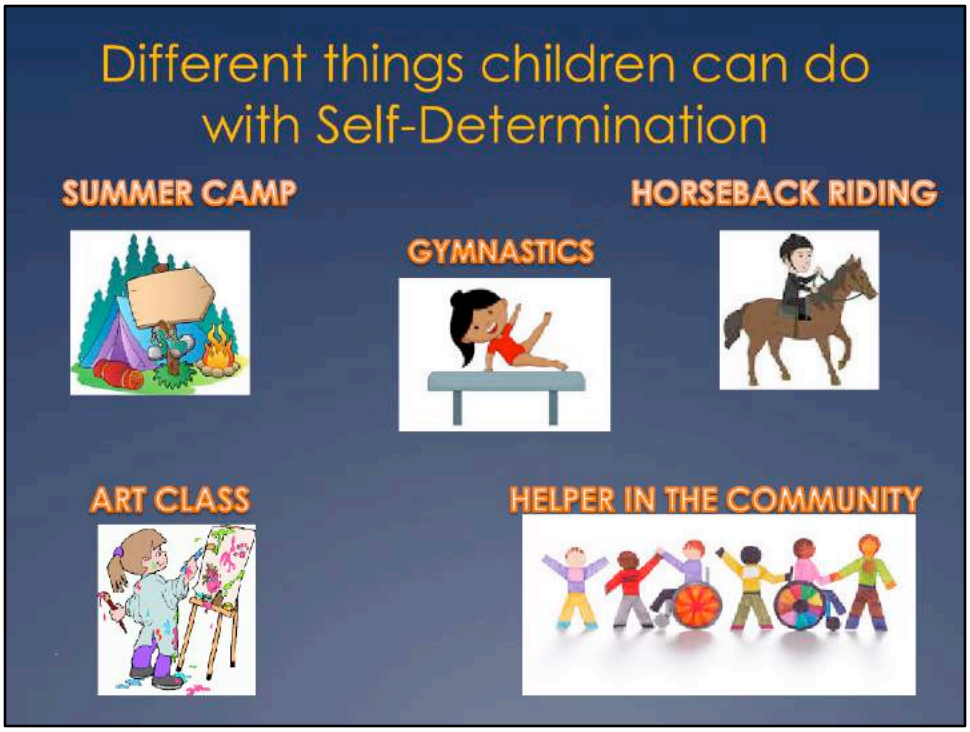
Bullet 1: You can look in your community and find great things to do there. You can also leave your neighborhood and do other great things.

Bullet 2: You can hire almost any worker and provider. They don't have to have a contract (or be a vendor) with your regional center.

Bullet 3: Not everything in your person-centered plan needs to cost money. Maybe you want to spend more time with your grandpa. Or maybe you love to watch the sunset.

Bullet 4: You can hire workers, but if you don't like them, you can fire them. And then you can hire someone else that works with you better.

Bullet 5: You can take a class, but if you don't like it, you can stop going and try something different. It is your choice!



NOTES:

For children, you can do some awesome things with self-determination.

All of the restrictions on social and recreational programs are gone with the self-determination program.

Here are some examples of what you can do:

Get support to go to a summer camp.
Take a gymnastics class.
Learn how to ride a horse.
Take an art class.
Find someone to help you in the community



NOTES:

If you are an adult, there are many unique things you can do with self-determination, like:

Hire someone to help you learn how to use a computer.

Hire someone to help you start your own business – maybe to write a business plan or help you do marketing.

Ask someone to help you makes friends or to even start a relationship!

You can hire a nutritionist to teach you how to eat healthy or take an exercise class.

You can hire support staff so that you can live on your own.

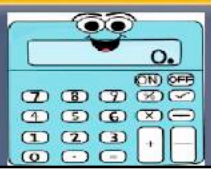
How Does Self-Determination Work?

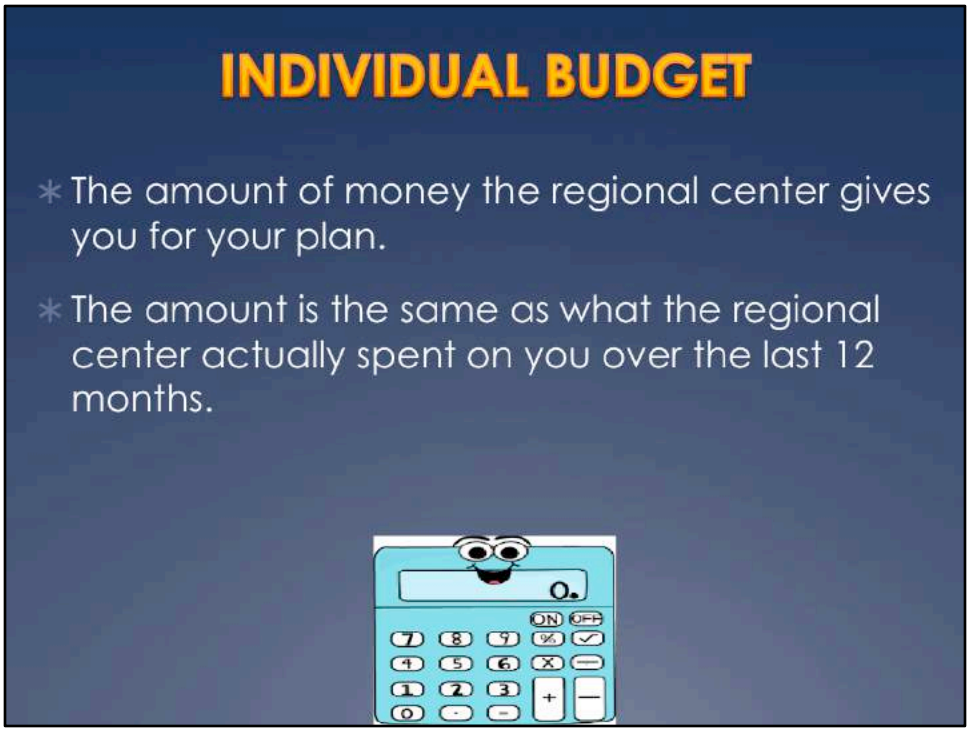
Person-Centered Planning

Independent Facilitator

Making Your Plan Work

INDIVIDUAL BUDGET





NOTES:

Bullet 2: Your Individual budget is the amount that the regional center paid for your services in the last 12 months. If the regional center authorized or approved services and you didn't use them, then they aren't in your budget.



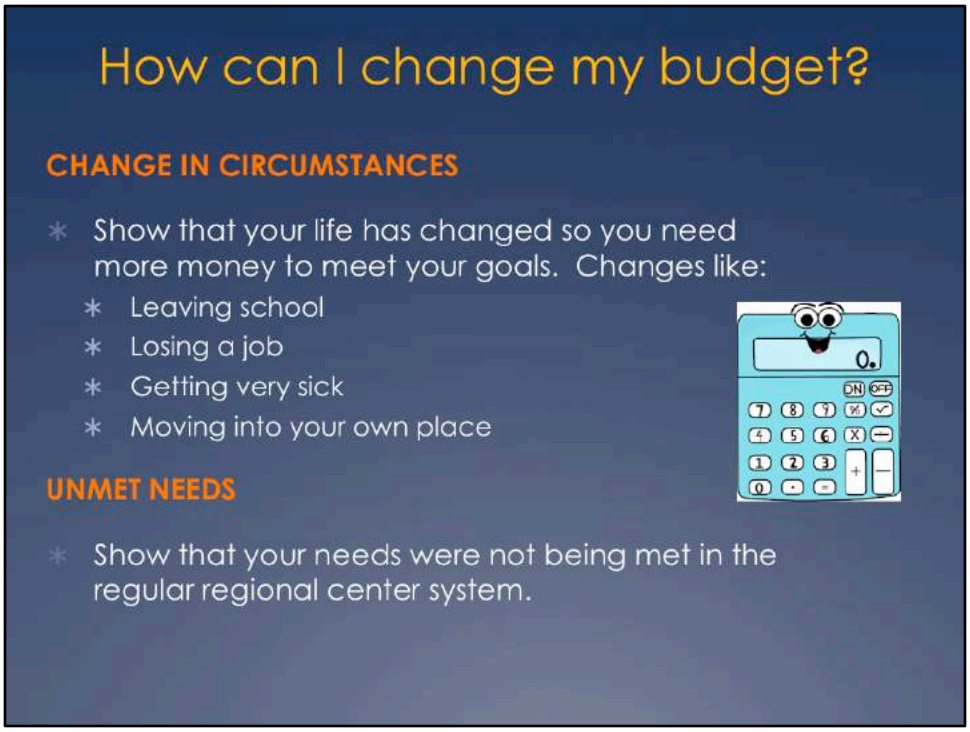
NOTES:

Last 12 months… $50,000
That $50,000 is actually what you used and spent on these services through vendored agencies.

Self-Determination… $50,000
You have that amount of money spend on all kinds of things but it also must include your Independent Facilitator and Financial Manager. Your budget does not increase with those expenses.

You may be concerned about how your budget will be able to afford to do everything if you also have to pay for your facilitator and financial manager. You will be OK because:

1. You can work out your costs with your workers. These costs may be lower than what the regional center might be paying.
2. Your workers may not work for an agency. Agencies usually have lots of administrative costs to cover managing their staff, paying their rent and other bills. This means that you will save because you are hiring workers directly.



NOTES:

There are two ways that you can change your Individual Budget:

Change in circumstances:

- If your life has changed in some way, like leaving school or getting sick. It's the same in the traditional regional center system, you would need to ask for more services because of this change. So you should be able to ask for more money in your individual budget.
- If your life has gotten better, your budget may actually decrease.

Unmet Needs:

- You need to show that the regional center was unable to meet your needs. For example, the providers that you were offered in the regular system were too far from your home. Or they didn't have the right skills to help you meet your goals. Or if you had services that were stopped by the change in the law in 2009.

How Does Self-Determination Work?

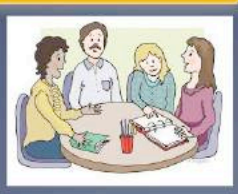
Person-Centered Planning

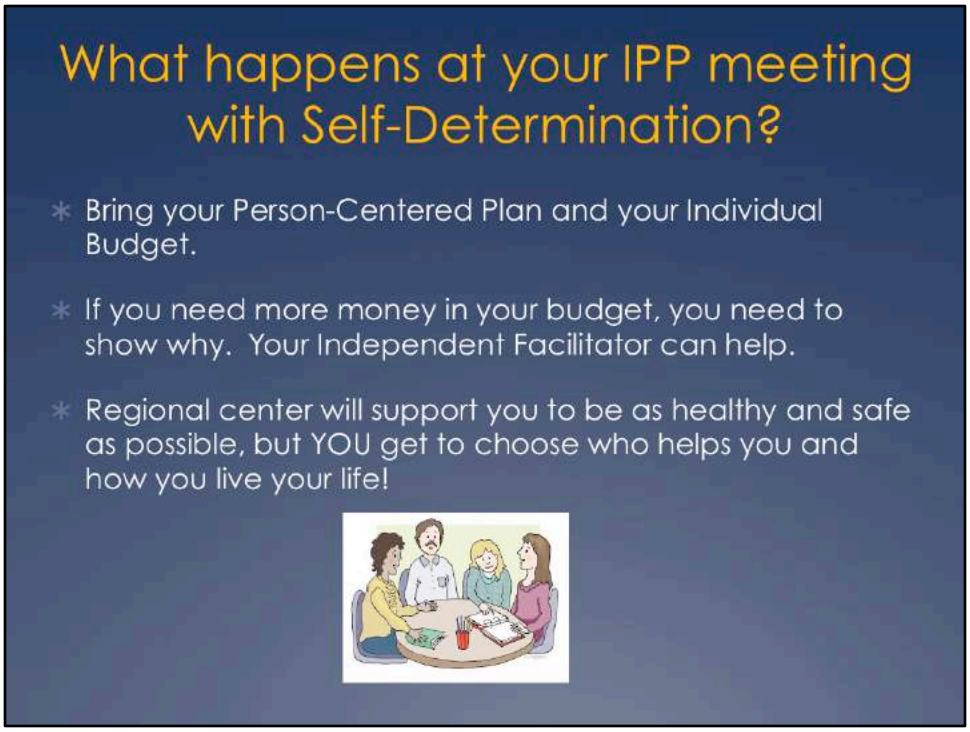
Independent Facilitator

Making Your Plan Work

Individual Budget

IPP MEETING





NOTES:

Your IPPs will be different if you are in the Self-Determination Program.

Bullet 2: You will present your budget. If you need more money, you have to make a case for why. The decision about your budget is made at your IPP by your team but you can choose to have your Independent Facilitator help you with this.

Bullet 3: Unlike in the traditional program where your service coordinator gives you names of providers, you will be bringing your person-centered plan and going over what activities you have chosen. The regional center needs to make sure you are safe, but they can't tell you what activities to do and whom to hire. You get those choices.

How Does Self-Determination Work?

Person-Centered Planning

Independent Facilitator

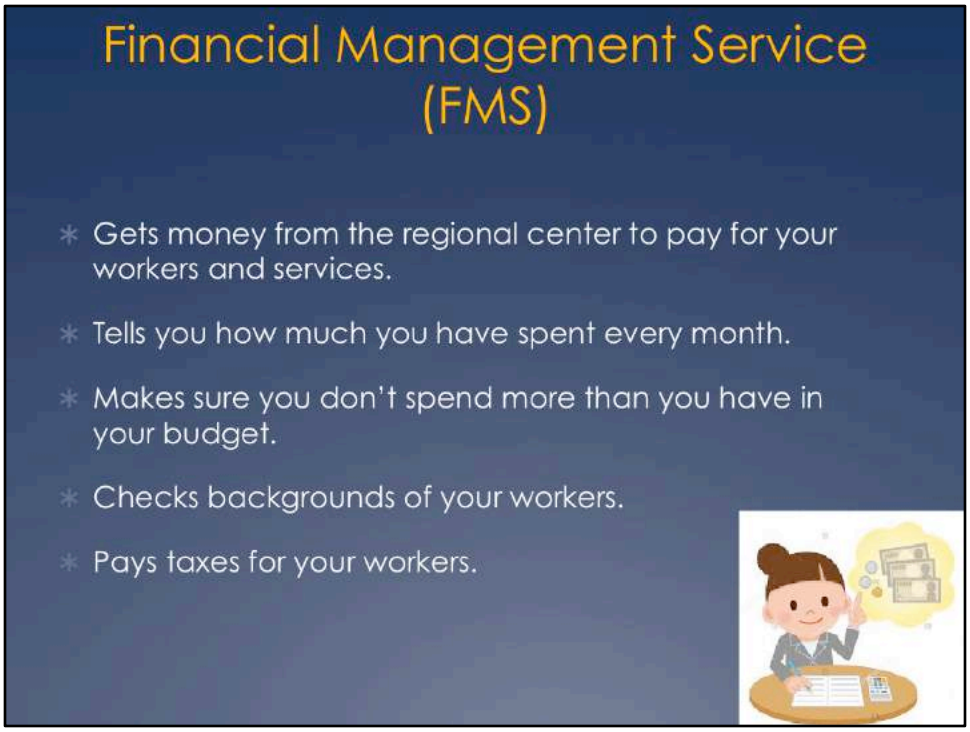
Making Your Plan Work

Individual Budget

IPP Meeting

FINANCIAL MANAGEMENT SERVICES





NOTES:

Bullet 1: The FMS holds all the money for you.

Bullet 2: They send you information every month about how much money you have spent from your budget.

Bullet 3: They will let you know if you have spent too much and will help you make sure you don't overspend.

Bullet 4 & 5: You don't have to check the backgrounds of your workers or pay their taxes. The FMS will do that for you.



NOTES:

Click 1: For all consumers, regional centers are supposed to be the last ones to pay for your services. That means that other government agencies need to pay for your services and supports first. This happens now will all of you.

Click 2: This will be no different in the Self-Determination Program. This is called using GENERIC RESOURCES.

For example,

•School districts will still need to pay for educational services.
•Insurance or Medi-Cal will still need to pay for most behavior and other therapies and medical treatments.
•Department of Rehab will need to provide job coaches, unless they can't help you.



NOTES:

In March 2019, all regional center consumers will need to get their services in places that are part of the community. You can't be in day programs just for people with disabilities all day. You can't live in places where everyone has developmental disabilities and you have no choices.

For participants in the Self-Determination Program, you must follow these rules right when the program starts.



NOW: Instead of a home with many people with disabilities,

IN THE COMMUNITY: You could live in an apartment with a roommate you choose. – Like people without disabilities.

NOW: Instead of having to eat at specific times and food chosen by others,

IN THE COMMUNITY: You get to eat what you want at the time that you want - Like people without disabilities.

NOW: Instead of going to a sheltered workshop and making very little money,

IN THE COMMUNITY: You could work at a regular job and make the same as other



NOTES:

I hope this presentation showed you that there are big differences between regular regional center services and the Self-Determination program.

In the regular system, you are walking the same path as many other people and using the same services.

In Self-Determination, you decide how you want to live your life everyday.



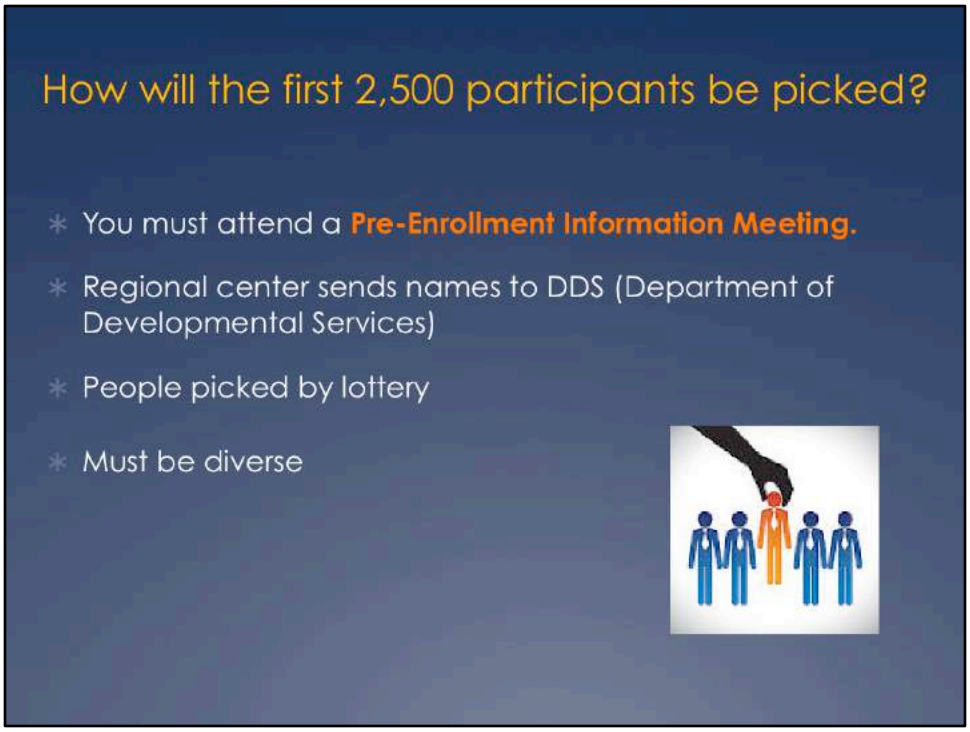
NOTES:

1. The program hasn't started because we have to get money from the federal government. We are waiting for our state DDS to get the money.

2. There is so much we still need to plan for.

   In the first 3 years, there will be a phase in period. There will be 2,500 people chosen randomly by DDS throughout the state. Each regional center will get a number of participants based on how many consumers are part of that regional center.

   After 3 years, the program will be open to all eligible consumers of regional centers.



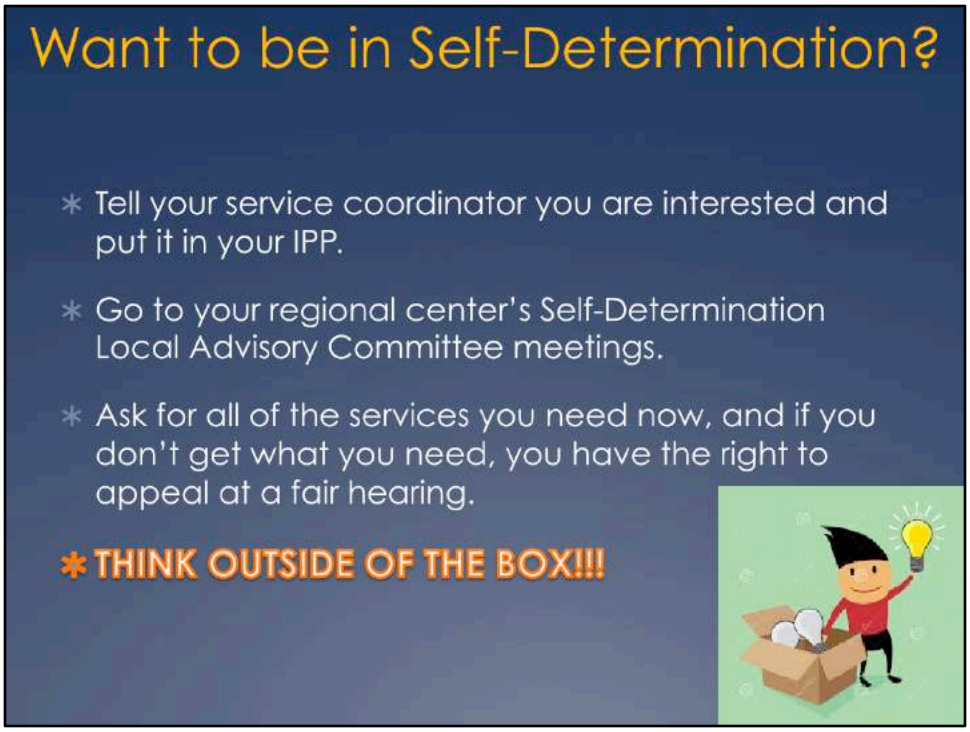
NOTES:

Bullet 1: To be part of the phase-in program, you must attend a Pre-Enrollment Information meeting. These meetings will be held:
•At regional centers
•In community organizations
•At providers
•Maybe even in schools.
You do NOT need to go to the meeting at your regional center.

I want to clarify that this meeting today is just an outreach meeting. This is not a Pre-enrollment information meeting.

Bullet 2: At the official pre-enrollment meetings, you will fill out a form with your name, address, and regional center if you are interested in the Self-Determination Program.

Bullet 3 & 4: DDS will pick people by lottery BUT the first participants must be diverse by:
•Disability
•Age
•Gender
•Race/ethnicity



Bullet 2: Call your regional center or go to your regional center's website to find out when your next advisory committee meeting is.

Bullet 3: If you are not using all of your services, you should be.

Bullet 4: Think creatively now about all the opportunities you have in the world to meet your dreams and goals.

Questions?