

## WHAT IS SELF-DETERMINATION?



A new service-delivery model for those served by regional center who wish to have more flexibility and choice with their services. Adults with disabilities or families of children with disabilities, with the support of people they trust, taking charge of their own futures by gaining control over the services, supports and resources that they need. You decide what services you'd like and who should provide them. Self-Determination is a voluntary program.

## HOW DOES IT WORK?

### You start with a PERSON-CENTERED PLAN

A person-centered plan (PCP) reflects the individual's present and future life goals including wants, needs, and services and supports required to help them reach their goals to have a safe and meaningful life in the community. The individual chooses what is most important to them through this process. It is up to them who they choose to include in the process (family, friends, providers). This written plan will be used to help design the individual program plan (IPP) with their regional center.

### You may get help from an INDEPENDENT FACILITATOR

An Independent Facilitator (IF) is someone you hire to help you. Hiring a facilitator is *optional*. You pay for the Independent Facilitator out of your budget, but you can get a facilitator for free if you have a family member or friend willing to take on that task – but they have to be trained and qualified. Your regional center Service Coordinator may also serve as your no-cost Independent Facilitator. Your Independent Facilitator helps you find the services and supports you need. Some of your supports will be free and come from your family, friends, and other people you know. Some of your services will be paid for out of your budget. Your Independent Facilitator helps you find and hire the right people to support you and to decide how much they should be paid. The Independent Facilitator makes sure everyone you hire is qualified and that you don't spend more money than you have in your budget.

## You are given an INDIVIDUALIZED BUDGET

The law says that individualized budgets must be determined fairly and that everyone must be treated the same way. The amount of money spent on services for the previous 12 months will be the amount of money you get for your Individualized Budget. The budget will be good for one year and it can be adjusted for reasons such as a change in circumstances or unmet needs. A new Individual Program Planning (IPP) will be needed to reflect the change and document any budget adjustment.

## The money in your budget is sent to a FINANCIAL MANAGEMENT SERVICE

YOU CHOOSE THE FMS. This is a mandatory service required for those in the Self-Determination program and is the only vendored service through the regional center. When your plan is finished and your services and supports are in place, the regional center sends the money in your budget to a Financial Management Service, or FMS. The money is given to the FMS to protect you from having to pay taxes and from being sued. The FMS takes care of paying taxes and insurance and makes sure the people working for you don't have criminal records. The FMS does not tell you how to spend your money. The FMS keeps your money safe and pays the people you hire. The FMS keeps track of how much you spend.

## **When can people get Self-Determination?**

The Self-Determination Program waiver was approved by the Centers for Medicare and Medicaid Services (CMS) on June 7, 2018. The initial 2,500 participants were selected October 1, 2018. After June 7, 2021, the program will be available to all eligible persons served.

## **What can people do now?**

Let your service coordinator know that you want Self-Determination and have it put in your IPP. Sign up to receive updates from [www.dds.ca.gov/sdp/](http://www.dds.ca.gov/sdp/) and actively participate in the Self-Determination Advisory Committee meetings at your regional center.

WIC Sec. 4685.8