

# Self-Determination Program Orientation

June 10, 2022



# HOUSEKEEPING



Interpretación en español: haga clic en el globo blanco en la parte inferior de la pantalla con la etiqueta "Interpretation." Luego haga clic en "Spanish" y seleccione "Mute original audio."



ASL interpreters have been "Spotlighted" and live closed captioning is active



This meeting is being recorded

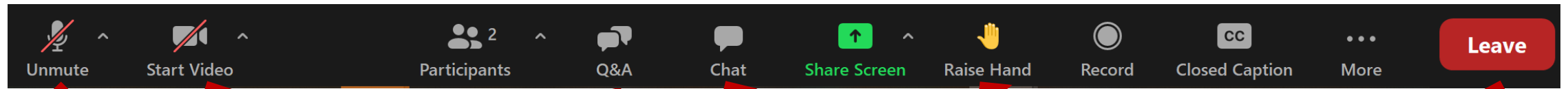


Materials are available at: [SDP website: Orientation Tab](#)



Submit written comment via email to: [SDP@dds.ca.gov](mailto:SDP@dds.ca.gov)

# ZOOM TIPS



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Chat is available for presenters only; send chats to "Everyone"

Presenters can raise their hand when wanting to speak

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- Features will vary based on the version of Zoom and device you are using
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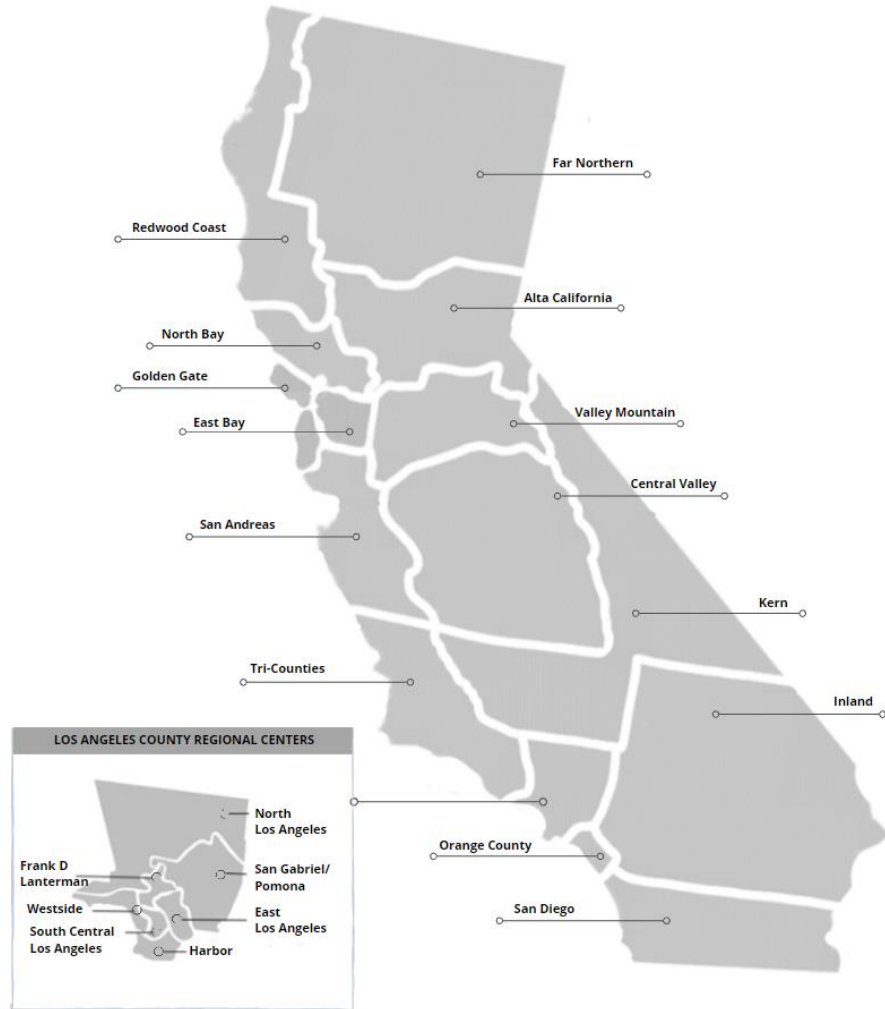
Today you will  
learn about

- Regional Center Services
- The Self-Determination Program
- Person-Centered Planning
- Individual Budget
- Spending Plan
- Arranging Services
- Enrolling
- Resources & Next Steps

# Regional Center Services

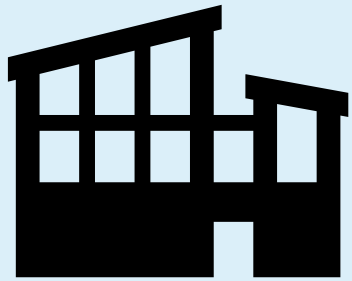


# Regional Center Services



- The Department of Developmental Services oversees coordination and delivery of services for people with intellectual/developmental disabilities through the regional center system created by the Lanterman Act.
- There are 21 non-profit regional centers across California.
- The regional centers determine who is eligible for services, provide a Service Coordinator and pay for some services.

# Regional Center Services



## Regional Center Service Options

These options are based on the Lanterman Act values of choice, individual decision-making through an Individual Program Plan (IPP) and promoting independence and community inclusion.







## Traditional Vended Services

### **The Traditional Vended Services Option**

- You have an IPP developed that identifies your goals and what you need to obtain those goals
- Services from the regional center are *usually* provided through vended service providers
- Service Coordinators review service provider options, arrange and coordinate your services
- Regional centers pay the service providers for your services





Participant-  
Directed  
Services

**Participant-Directed Services** is a part of the Traditional Vended Service Option.

Non-vended services

- You can hire, schedule and supervise these staff
- You work with a vended Financial Management Services Provider
- The Financial Management Services Provider helps you pay staff and comply with employment laws

Vended services

- Located by and paid for by the regional center.



Participant-  
Directed  
Services

**Non-vendored services** that you can use are limited to:

- Respite
- Day care
- Non-medical transportation
- Nursing
- Community-based training
- *Personal assistance*
- *Independent living skills*
- *Supported employment services*



Self-  
Determination  
Program

**The Self-Determination Program Option** is a voluntary, alternative way to receive services and supports.

- The program can provide you and your family with more freedom, control, and responsibility in choosing services and supports to meet the goals in your IPP.
- You will have people to help you, like your Service Coordinator, the Financial Management Services Provider and an Independent Facilitator.

# Regional Center Services

**The Self-Determination Program** is unique from the other options.

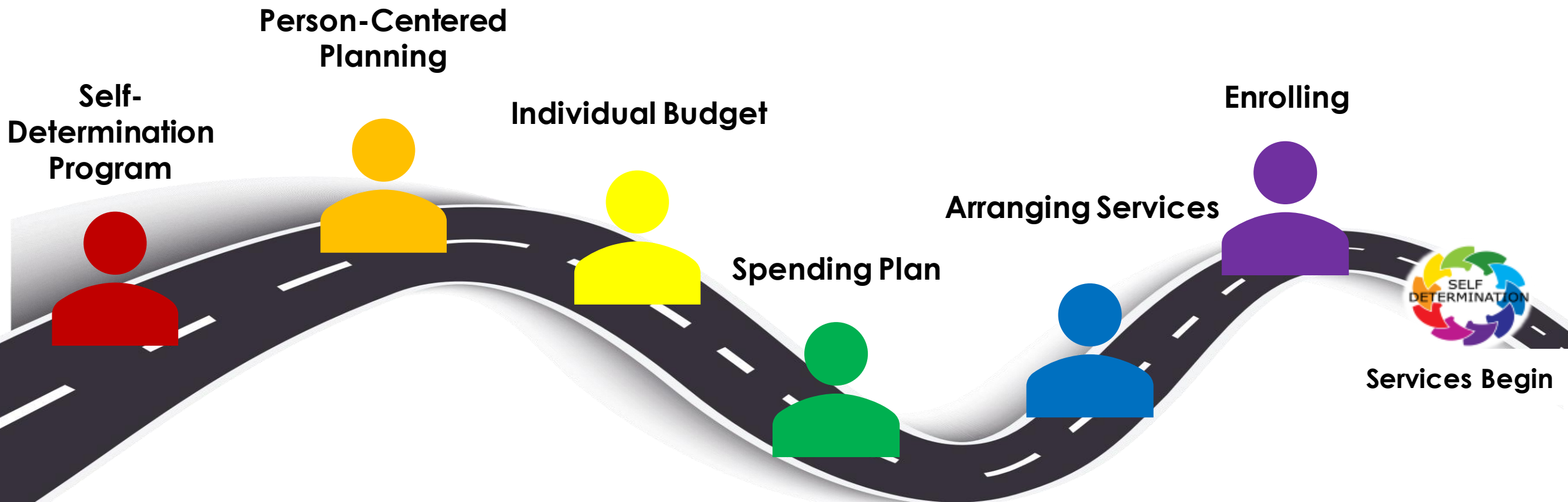
- You and your IPP team develop your budget and spending plan and you arrange your service providers
- You use your budget to purchase services and goods from qualified service providers, individuals, or businesses and they do not need to be vendored, but they can be
- Services and supports must be eligible for federal financial participation
- You must use a vendored Financial Management Services Provider to help you manage your budget, hire and pay staff, and comply with employment laws

# Things To Think About

What do I like best about each of the different options that the regional centers use to offer services?

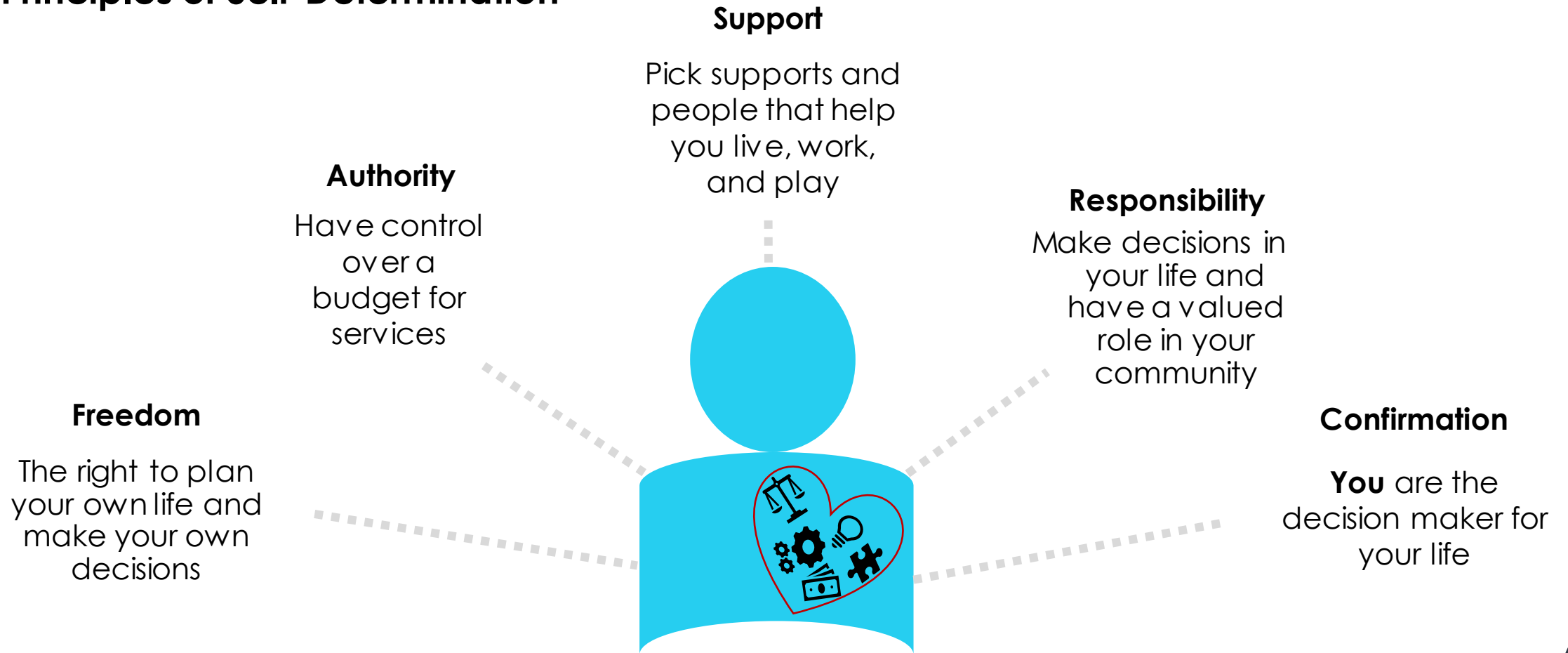


# Self-Determination Program Roadmap



# The Self-Determination Program

## 5 Principles of Self-Determination





# The Self-Determination Program

## You Can Participate If You

- ✓ Qualify to receive regional center services through the Lanterman Act
- ✓ Live at home in the community or in a group home
- ✓ Live in a long-term healthcare facility or state-operated facility, and want to use the Self-Determination Program to help plan your move to the community
- ✓ Agree to the responsibilities in the Self-Determination Program statute

# The Self-Determination Program

## If You Choose To Participate, You Agree To

- ✓ Attend this Self-Determination Program orientation
- ✓ Use services needed to implement your IPP, if generic services are not available
- ✓ Manage your services and supports within your budget
- ✓ Work with a Financial Management Services Provider
- ✓ Choose to use an Independent Facilitator or your Service Coordinator to assist you in making decisions
- ✓ Apply for Medi-Cal services, if eligible

# The Self-Determination Program

You are responsible for choosing people to help you and support your transition to the Self-Determination Program.

## **Required supports**

- Regional center staff and your Service Coordinator
- A vendored Financial Management Services Provider

## **Additional and optional supports**

- Natural supports, family members and friends
- A person-centered planner
- An Independent Facilitator
- Transition supports paid for by the regional center

# The Self-Determination Program

## Natural Supports

People in your life who know you best, like friends or family. You can choose to have your natural supports help you, but you don't have to.

- A favorite teacher or a person who has worked with you for a long time that you trust
- Someone who can help you locate services and supports specific for you or volunteer to provide them
- They can also help you develop your person-centered plan, IPP, individual budget, and spending plan

# The Self-Determination Program

The Self-Determination Program is supported by DDS and regional centers

<b>Regional Centers</b>	<ul style="list-style-type: none"><li>• Implements the program in their catchment area</li><li>• Monitors the program</li><li>• Reports program data</li><li>• Contracts with local consumer or family-run organizations and consults with the local volunteer advisory committee</li></ul>
<b>Department of Developmental Services (DDS)</b>	<ul style="list-style-type: none"><li>• Implements and oversees the program</li><li>• Reports program data</li><li>• Supports long-term sustainability of the program</li></ul>

# The Self-Determination Program

The Self-Determination Program is supported by people at the regional center

## **Participant Choice Specialists**

- Makes information available
- Provides training to regional center staff
- Meets SDP enrollment targets and benchmarks
- Identifies and reduces concerns and barriers to enrollment
- Develops and implements an outreach and training plan for diverse communities
- Reviews participant budgets
- Works with individuals and families to apply for Medi-Cal

# The Self-Determination Program

There are two  
advisory  
committees

<b>Local Volunteer Advisory Committee (LVAC)</b>	<ul style="list-style-type: none"><li>• Reviews and checks the program's progress for their regional center</li><li>• Works with the regional center and the Department to make the program better</li><li>• Works with regional centers to prioritize implementation funding</li></ul>
<b>Statewide Self- Determination Advisory Committee (SSDAC)</b>	<ul style="list-style-type: none"><li>• Made up of the chairs of the 21 regional center LVACs</li><li>• Collects information from the LVAC, the community, regional centers and the Department</li><li>• Recommends ways to make the statewide program better</li><li>• Has information on available services and supports, and develops training materials</li></ul>



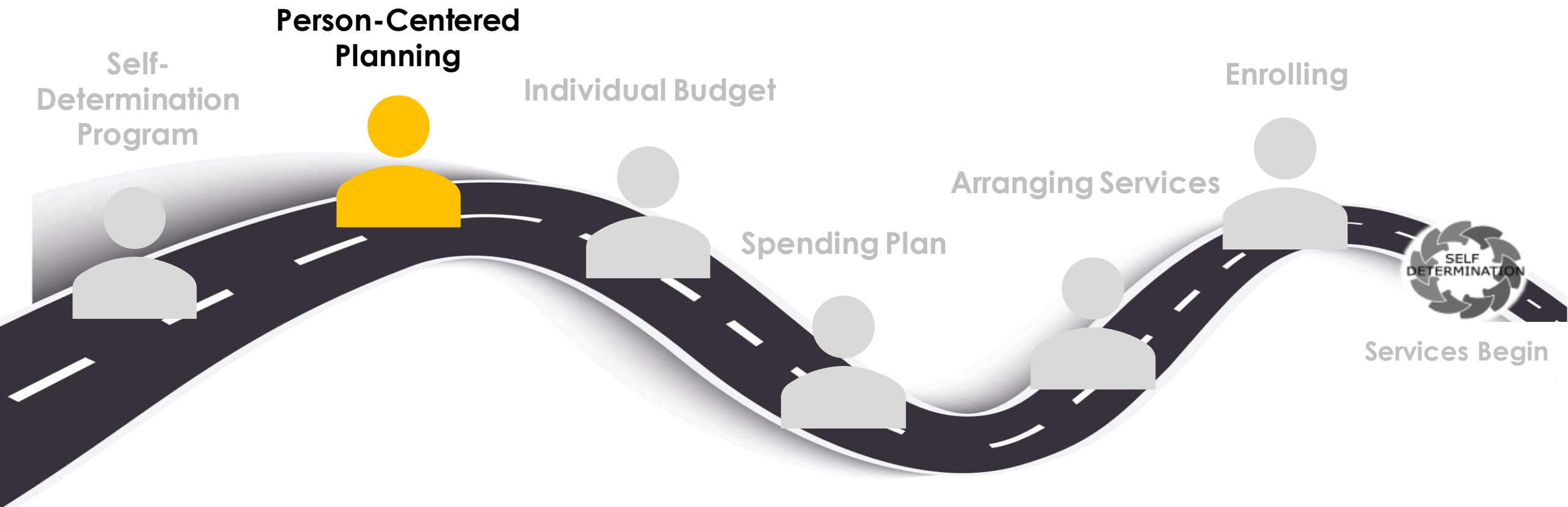
# Things To Think About

Would the Self-Determination Program option work best for me?

Who can help me think about this decision?



# Self-Determination Program Roadmap



# Person-Centered Planning

**Person-centered planning** is used to provide all regional center services and supports. The IPP describes what your goals are and how your services and supports are going to meet the needs to get you to your goals.

**In the Self-Determination Program** you have the option to write a person-centered plan to help inform your IPP.

- The regional center can pay for the people you hire to help you develop your initial person-centered plan that will inform your IPP in the program.

The person-centered plan is about you

**The person-centered plan** describes what you want your life to be like in the future so you can work towards your goals.

- It is based on your strengths, capabilities, preferences, lifestyle and culture
- It identifies the services and supports that may help you reach your goals
- It will help inform your IPP

# Person-Centered Planning

You can develop a written person-centered plan with your team.

## Your Responsibilities

- Lead the development of your person-centered plan
- Hire someone to help you
- Meet with your planning team

## Your Team's Responsibilities

- Attend your person-centered planning team meetings to support you
- Listen to your hopes, dreams and needs to develop your person-centered plan
- Use your person-centered plan to inform your IPP

# Person-Centered Planning

**Independent Facilitators** can be hired, or may volunteer, to help you with your plan. They support you and participate in person-centered planning and the IPP process.

- They help you identify your strengths
- They help get the information you need to make choices
- They help identify your immediate and long-term needs and goals

**Service Coordinators** can also help you with the same kinds of things an Independent Facilitator can do.

# Things To Think About

Do I want a person-centered plan?

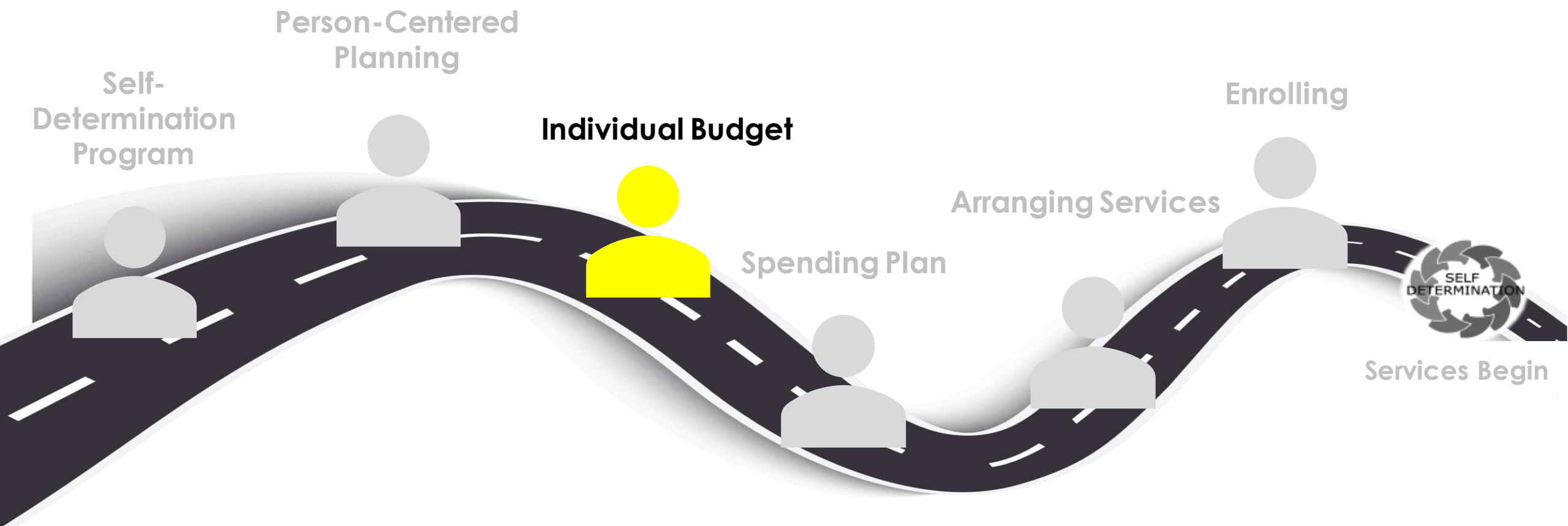
Who would I want to help with my person-centered plan?

What goals would I want in my person-centered plan in the next year?





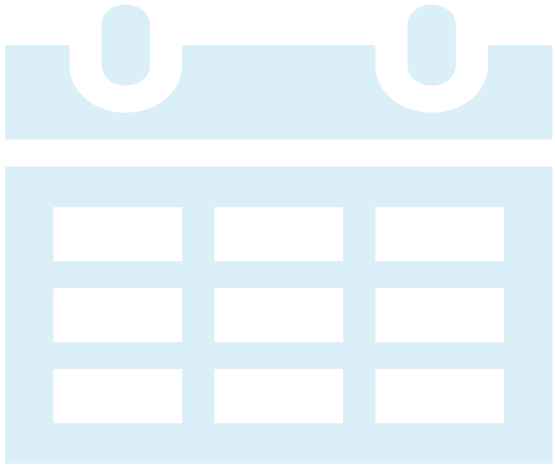
# Self-Determination Program Roadmap



**The individual budget** is the amount of money you can spend on services.

- You will need to make your money last for the full year.
- You will need to be careful not to spend more money than what you have.
- Once you are in the program, your budget must pay for all of your services including an Independent Facilitator.

# Individual Budget



Your budget will start with the amount of money the regional center spent on your services in the past 12 months.

Your regional center will provide you with the information you'll need to start developing your budget.

# Individual Budget

The IPP team  
may adjust your  
budget up or  
down

Reasons to adjust the budget are

- If services in your IPP were not used
- If there were unmet needs in your IPP
- Changes in your circumstances/needs
- Changes in resources available to you

You will  
have help  
with your  
budget

## **Service Coordinators and other regional center staff**

- Helps you get the information you need to make choices
- Supports you at your IPP meeting
- Helps develop your budget through the IPP team
- Certifies your final budget
- Monitors your budget and lets you know of any concerns

## **An Independent Facilitator**

- Also helps you make informed decisions about your individual budget.

# Things To Think About

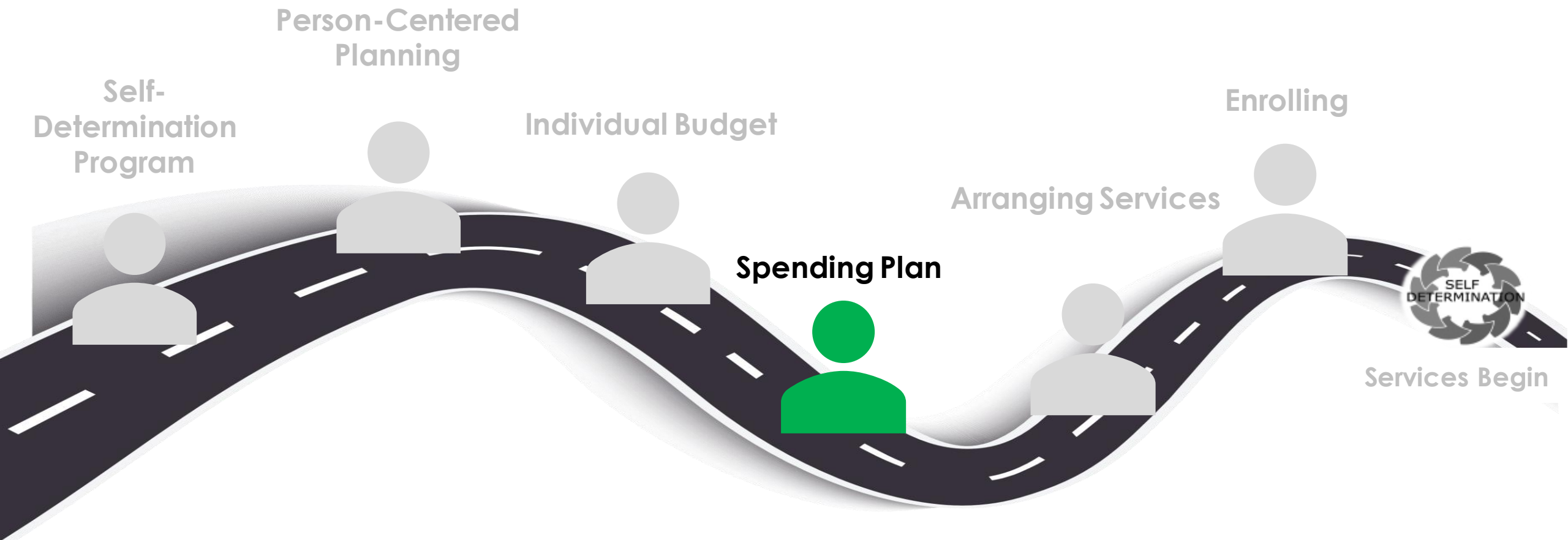
Are there tools that can help my team as I develop my individual budget?

Who can help me understand how all the dollar amounts were determined?

What are the services and supports I need to implement my IPP?



# Self-Determination Program Roadmap





Things to  
remember  
about your  
spending plan

- Your spending plan can only pay for services and supports that are in your IPP
- Your spending plan cannot pay for transition services
- The regional center is still the payer of last resort
- Your spending plan does not need to identify specific providers of services
- The amount of the spending plan cannot be higher than your budget



You can get  
help with your  
spending  
plan

## **The regional center or Independent Facilitator**

- Tells you how much services typically cost
- Identifies agencies who provide services you're interested in
- Finds generic services you don't have to pay for

## **Financial Management Services Providers**

- Tells you the minimum wage in your area
- Tells you the cost of taxes, insurances and benefits

# Spending Plan

## **Before you are in the program**

The regional center may pay qualified people or agencies that can help you develop your spending plan.

## **After you are in the program**

You will need to pay for this help from your individual budget, so build money into your spending plan for the help you think you need next year.



Before you are done writing your spending plan, your regional center will need to review it to ensure

- All services are eligible for federal financial participation
- Generic services are used first, unless unavailable

# Things To Think About

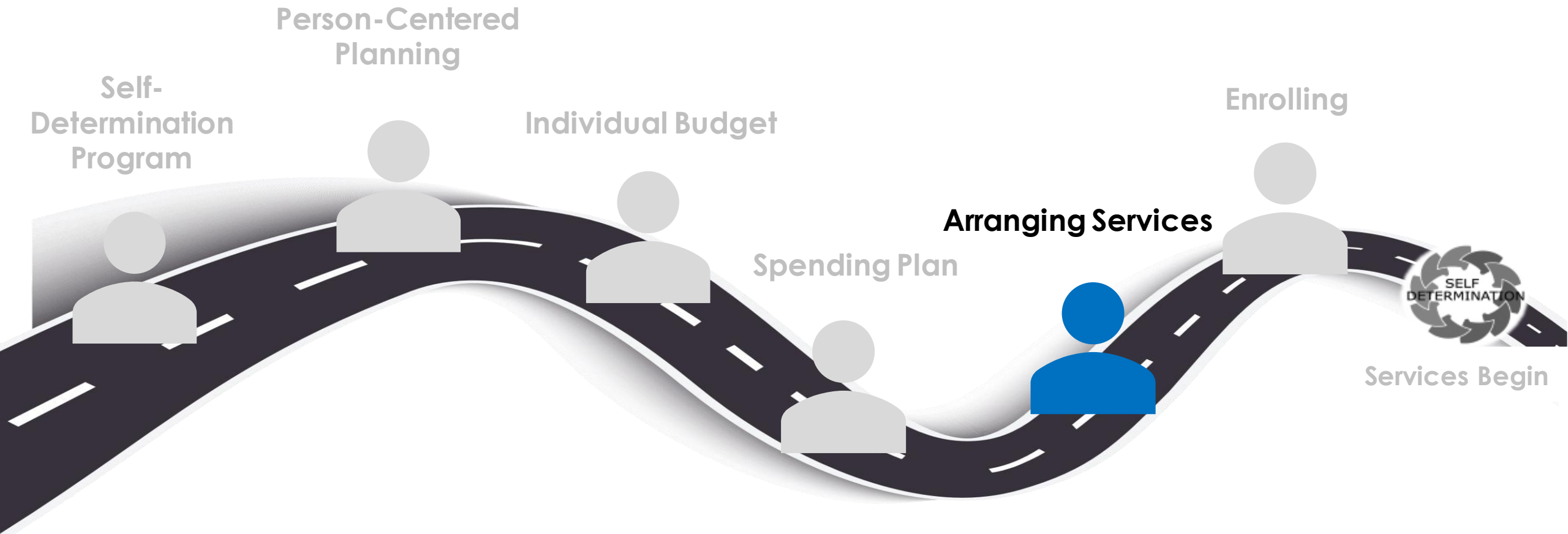
What if my spending plan costs start going over my budget amount? What does the team do then?

Is there a tool for the spending plan or how do I set up a spending plan?

How do I keep track of what I have spent?



# Self-Determination Program Roadmap



# Arranging Services

You can make choices about who can work with you to provide your services.

## Anyone qualified to provide services

- People you trust
- People who know you best
- Family and friends
- Teachers, therapists, coaches
- Employer
- Independent Facilitator

## Those who *cannot* be paid to provide services

- A parent of a minor child
- A person who cannot pass a background check for personal care services, unless there is an exemption

# Arranging Services

The services you choose must include the following



Be a  
federally  
allowable  
service



Providers  
must be  
qualified



Support  
choice  
and  
inclusion



May be  
vendored  
or non-  
vendored

## The Home and Community- Based Services (HCBS) Final Rule

Your services *must* also follow the HCBS Final Rule.

- This means that your services are provided inclusively in the community
- The service is in a place or provided in a way that doesn't group people by disability or service

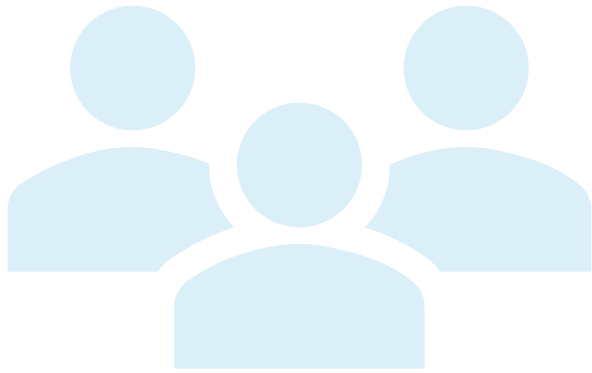


## If your service is only for people with developmental disabilities

This may be like a camp, art class, or theater group, it may be eligible under the Final Rule. You'll need to check if its eligible.

- You can ask your regional center if the setting or vendored service is eligible
- You and your provider can work together to complete an assessment
- You and your Financial Management Services Provider can review the assessment together
- Each year at your IPP meeting, your team will check that it is still eligible

# Arranging Services



You can get help to find services and supports.  
Examples of some people who can help you include

- Natural Supports
- Service Coordinator
- The Independent Facilitator
- Family Resource Center

## A Financial Management Services Provider

- Helps check if your staff and providers are qualified
- Helps check your staff's background when required
- Helps your staff complete necessary paperwork
- Makes sure employment laws are followed and that minimum wage, taxes and insurances are included in your spending plan
- Works with the regional center to make sure your services are authorized
- Pays for the services and supports throughout the entire year from your spending plan
- Helps you with changes to your service providers, if needed

# Arranging Services

When you  
arrange  
services,  
double check  
that you

- ✓ Purchase only services and goods needed to implement your IPP
- ✓ Purchase services and goods that meet state and federal requirements
- ✓ Develop qualifications and a staff agreement if you hired staff
- ✓ Have staff that passed their background checks if you hired them to help with personal assistance
- ✓ Prepare to supervise staff and sign their timesheets
- ✓ Prepare to terminate staff who do not follow your IPP, your employment rules or who can no longer clear a background check

# Things To Think About

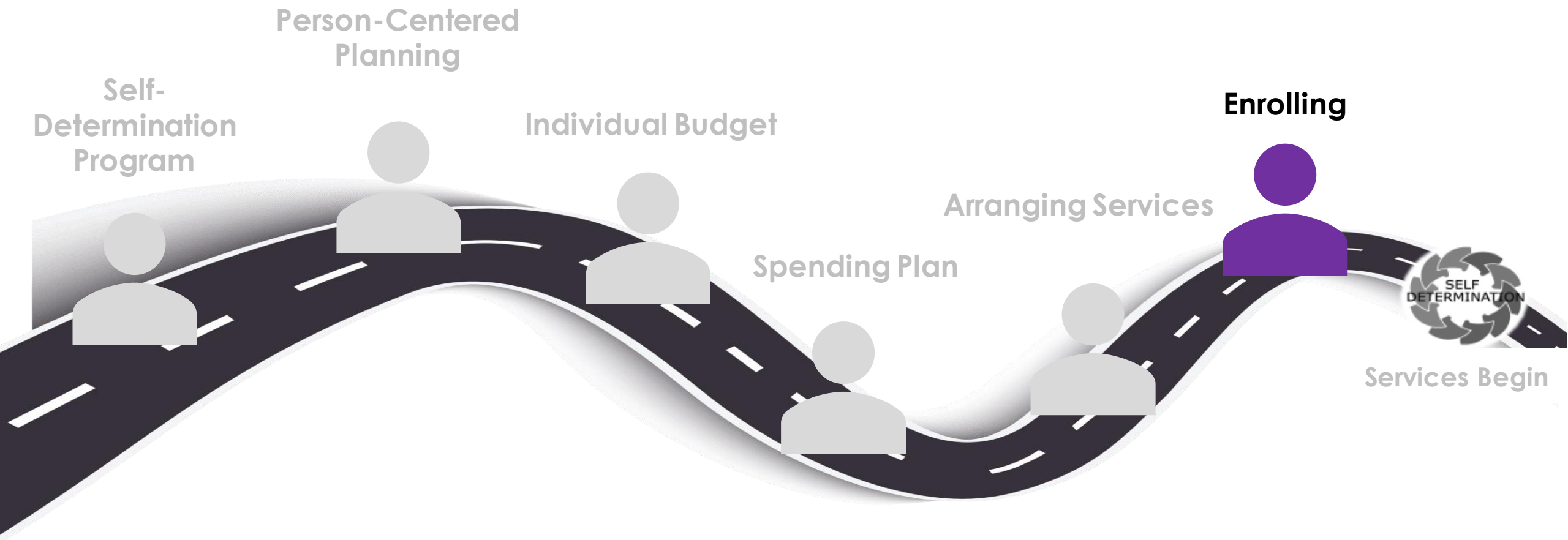
Who can help me find staff to provide my services and supports?

Do I have someone in my life who I trust and who knows me well who would want to work with me?

Are there creative ways I think my services or supports can be provided?



# Self-Determination Program Roadmap



# Enrolling in the Self-Determination Program

- 1. Attend Orientation. You are here!**
2. If you want to enroll in the Self-Determination Program, tell your Service Coordinator
3. Identify who you want to help you as you move into the Self-Determination Program
4. Develop your person-centered plan, if you want one
5. Meet with your IPP Team to update your IPP and develop your individual budget
6. Develop your spending plan and start the process for selecting staff and vendors to support you
7. Work with your Financial Management Services Provider and possibly an Independent Facilitator to finalize your Spending Plan
8. Make sure that services have been authorized in the regional center financial systems
9. Begin receiving services through the Self-Determination Program

# Enrolling in the Self-Determination Program

If you choose to pursue the Self-Determination Program after this orientation

**There are supports available** to help you and your family with person-centered planning and the transition before you enroll in the program.

- Service Coordinators
- Other regional center staff
- Regional Center Participant Choice Specialists
- Local Volunteer Advisory Committee



# Enrolling in the Self-Determination Program

Transition  
support is  
available

After orientation and until you receive your services in the self-determination program, your Service Coordinator can help you get transition support. It includes

- Coaching, training, and assistance to enroll
- Coordinating how services and supports are provided
- Learning how to manage the individual budget and spending plan
- Working with the regional center to support a smooth transition

# Enrolling in the Self-Determination Program

Financial  
Management  
Services are also  
available *after*  
orientation and  
*before* you enroll

The Financial Management Services Provider must be vendored to help Self-Determination Program participants

- ✓ Educate and coach you
- ✓ Support a smooth transition
- ✓ Check the HCBS Final Rule requirements
- ✓ Review and help you adjust the spending plan to include minimum wage, taxes and insurances
- ✓ Discuss the spending plan, services and the e-Billing system with the regional center

# Enrolling in the Self-Determination Program

Before services can start, there are specific things that need to happen.

- You and your team develop an IPP, budget and spending plan
- The Financial Management Services Provider completes all the required paperwork with your staff
- The Financial Management Services Provider enters your information, your staff information and the spending plan into their system
- The regional center enters your services into the regional center system

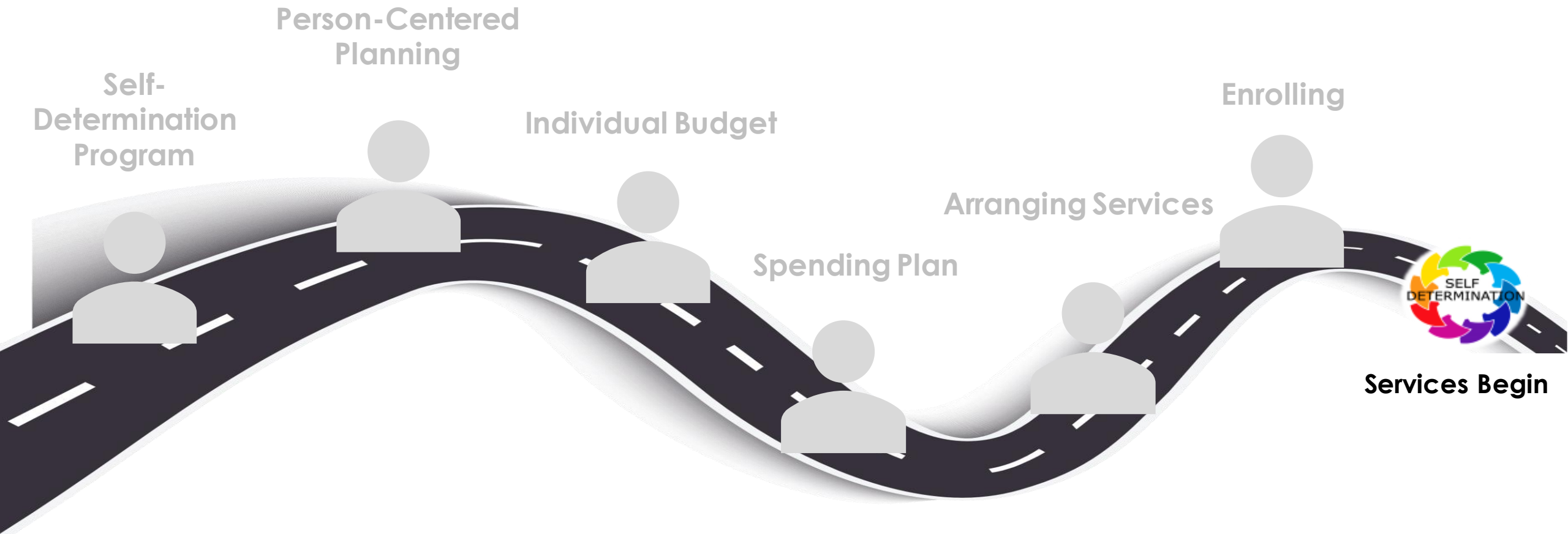
# Things To Think About

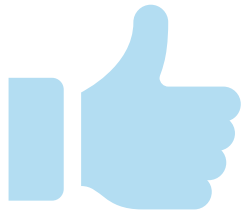
How often should I ask my Service Coordinator and my Financial Management Services Provider how things are going?

Who can help me talk with my staff about when we can start if enrolling is taking longer than we thought?



# Self-Determination Program Roadmap





Everything is  
going as  
planned

**You** will be responsible to

- Uphold the agreements to participate in the Self-Determination Program
- Notify your team if you have changes, have concerns or a question
- Review your monthly budget statements



Everything is  
going as  
planned

## **The Financial Management Services Provider will**

- Receive and pay bills for your services
- Keep a separate account for your funds
- Help you manage paperwork like timesheets and other needed records
- Give you and the regional center a budget statement every month
- Help you make sure that you have enough money to pay for your services for the year



Everything is  
going as  
planned

**The regional center** will meet with you to see how things are going

- Are your services still meeting your needs?
- Check-in about your health, safety and well-being
- Identify and respond to any allegations of abuse and neglect





Everything is  
not going as  
planned

You need to tell people on your team, your Service Coordinator or your Independent Facilitator when something isn't going right so they can try to help you fix it. For example, something that changes with your health or puts you at risk like

- If your staff quits and you don't have any supports
- If you need a personal care attendant and don't have one
- You have an emergency that changes your services



Everything is  
not going as  
planned

You have the same rights in the Self-Determination Program as you would in other service options. These include

- The same rights as other regional center consumers including the right to dignity, and to make choices
- The right to an IPP meeting to discuss any changes to your service and to request an appeal if you disagree
- The right to be free from harm and abuse or neglect

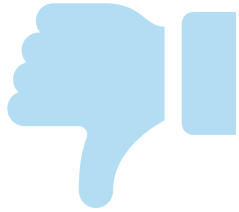


Everything is  
not going as  
planned

If you believe your rights are being violated, you can make a complaint to your regional center's Director. If you are not satisfied, you may make a formal complaint to DDS.

You can contact your local Clients' Rights Advocate to help you.

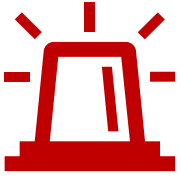
You can also contact the Self-Determination Program Ombudsperson at DDS.



Everything is  
not going as  
planned

You, your team and everyone who works with you needs to be aware of the signs of abuse or neglect

- Learn about different types of abuse
- Learn how to know abuse is happening
- Learn where to report abuse



What to do if you think abuse is happening to you or someone you know.

**Tell someone** you trust so they can make sure you are safe

- Family
- Friends
- People from your school
- People at work
- Independent facilitator

**Report** to the appropriate people

- Your Service Coordinator
- Your regional center
- Adult protective services
- Child protective services
- Local law enforcement
- Medical professionals

# Services Begin

**The Ombudsperson** can assist you and your family participate in the program.

- Provides information to regional center clients and their families
- Facilitates solution to disagreements
- Investigates complaints regarding implementation of the program
- Recommends strategies for change to the department and the legislature
- Compiles and reports data to the legislature

Self-Determination Ombudsperson information and contacts can be found online at <https://www.dds.ca.gov/initiatives/sdp/office-of-the-self-determination-ombudsperson/>

# Things To Think About

Do I know who to talk to when I'm having trouble with my staff or my services?

Do I know who to talk to if I move or if my needs change?

Who could I tell if I see or feel the signs of abuse?





## After orientation

- ✓ **Review** the handouts
- ✓ **Ask** questions
- ✓ **Decide** if the Self-Determination Program is for you
- ✓ **Tell** your Service Coordinator
- ✓ **Review** the additional training materials
- ✓ **Use** the transition supports and other resources available to you

Good luck on your Self-Determination Program journey!



Thank you for attending!

