

# Welcome!

## An Overview of Self-Determination Program:

### The Vision, the Value, and the Roll-out for Californians with Intellectual and Developmental Disabilities



Presented by the Regional Center  
of the East Bay Self-Determination  
Local Advisory Committee

With Slide Content from DDS and the  
RCEB SDAC Independent Facilitation  
Workgroup

# WHAT IS SELF-DETERMINATION

## SELF-DETERMINATION PROGRAM OVERVIEW



CHOICE, CONTROL  
AND RESPONSIBILITY



SERVICES AND  
SUPPORTS THAT  
FIT YOUR LIFE



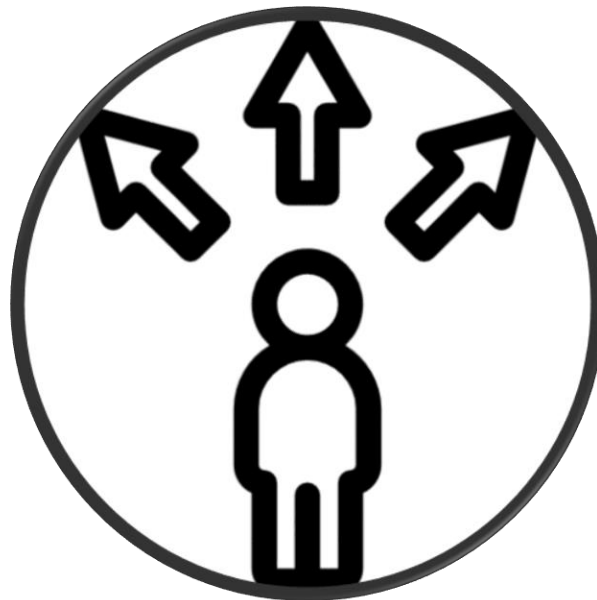
DECIDE HOW  
YOUR BUDGET IS  
SPENT



LOTS OF  
SUPPORT



PERSON  
CENTERED



# HOW IS SELF-DETERMINATION LIKE THE TRADITIONAL MODEL?

## Traditional Services

- Person-centered planning
- IPP
- Regional Center
- Vended providers

## Self-Determination Program

- Person-centered planning
- IPP
- Regional Center
- Vended or non-vended providers
- Individual budget
- Independent Facilitator
- Financial Management Service

# CA's DESIRE FOR SELF-DETERMINATION

- Many regional center clients are underserved due to geographic, language, and cultural factors.
- Existing services do not meet many people's unique needs.
- Many people want more control over their lives.
- Many want supports to help them be a greater part of their communities, get jobs, have friends, worship, and have a more meaningful life.

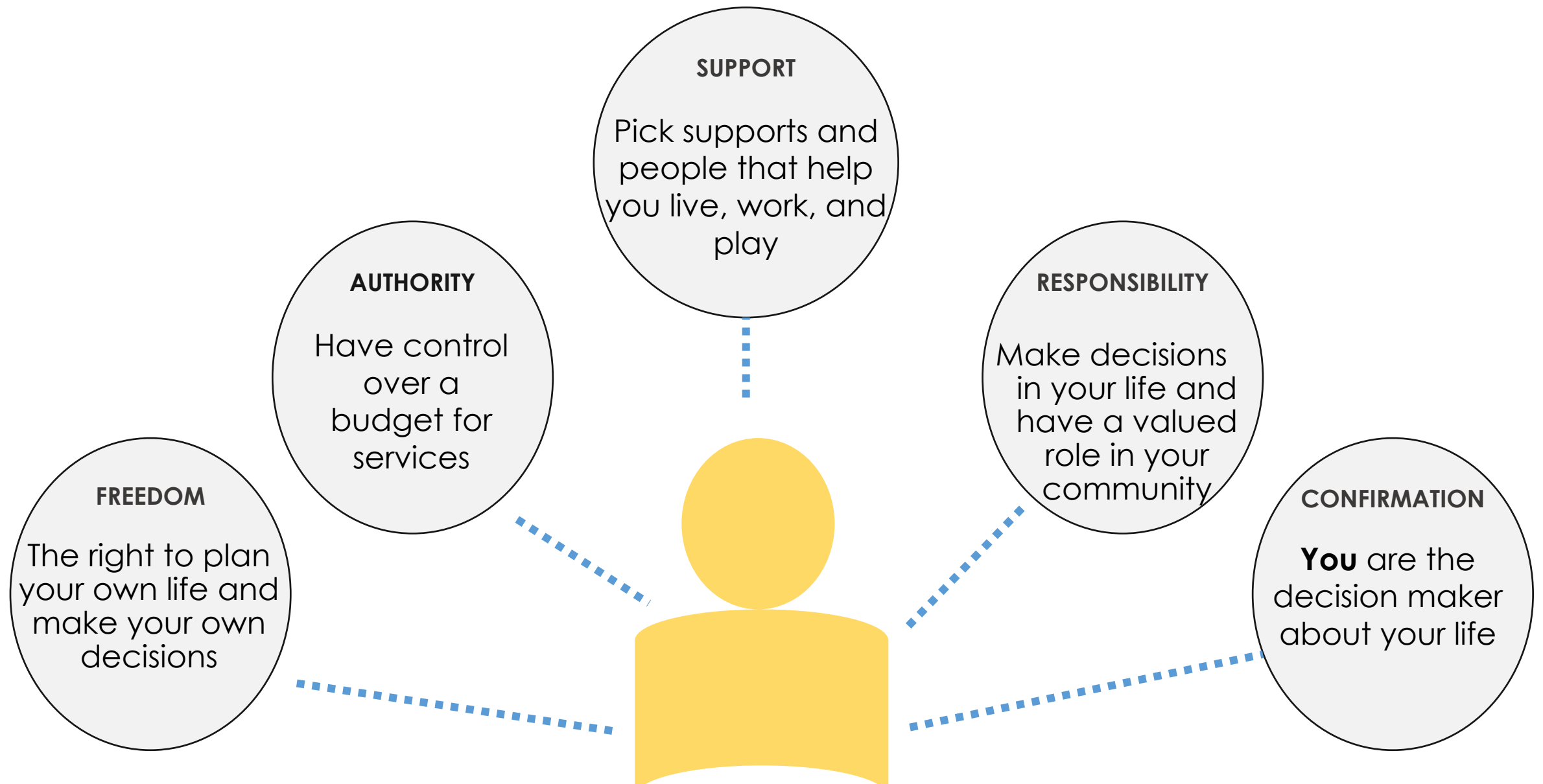
# HISTORY OF SELF DETERMINATION

- Lanterman Act (1969) – Historic shift giving more power to people with intellectual and developmental disabilities (IDD). Service decisions made collaboratively with regional center. Enables broad range of community services.
- Self-Determination (2013) – Shifts decision making power to the participant. Gives greater flexibility to design services unique to the person. Regional center role is support, oversight, and administration.

# THE PATH OF CA's SELF-DETERMINATION PROGRAM

- Legislature creates Self-Determination pilot programs in 1999.
- Many people who are waiting for expansion of pilots are desperate for Self-Determination.
- Legislative efforts in 2011 and 2013 driven by parent advocates and self-advocates. These efforts captivate IDD advocacy community.
- On October 9, 2013, Governor Brown signs Senate Bill 468 to make Self-Determination available statewide.
- People continue waiting during five-year federal approval process.

# 5 PRINCIPLES OF SELF-DETERMINATION



# SELF-DETERMINATION ALLOWS:

## Choice, Control & Access

Impacting lives for the better

### Service Dollars

With Self-Determination, people can spend their service dollars to buy the supports that are right for them.

### Hiring Workers

They can hire their own workers, including relatives, neighbors or friends. These can be people who speak their language and know their culture.

### Hiring Agencies

They can contract with an agency for services, and negotiate what to pay, what the services will be and when they receive it.

### Flexibility

If a worker or agency isn't a good fit, there is flexibility to find other people or change agencies

# PERSON-CENTERED PLANNING AND SDP



Keeping you at the center of planning, through the person-centered process **YOU** will:

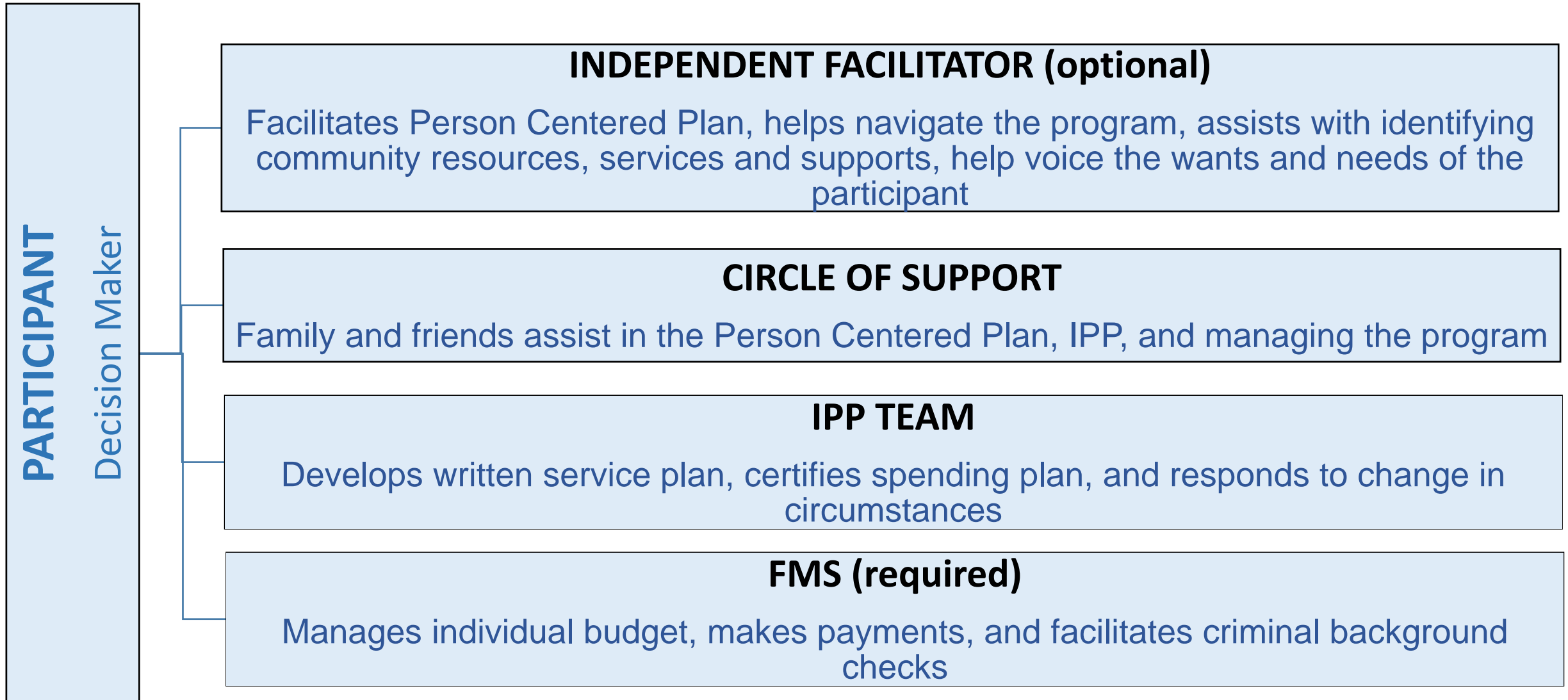
**Identify your hopes and dreams.**

**Identify what you like and what you're good at.**

**Identify and set meaningful goals for your life.**

**Choose who will provide services and supports.**

# KEY PLAYERS AND ROLES



# ROLES: CIRCLE OF SUPPORT

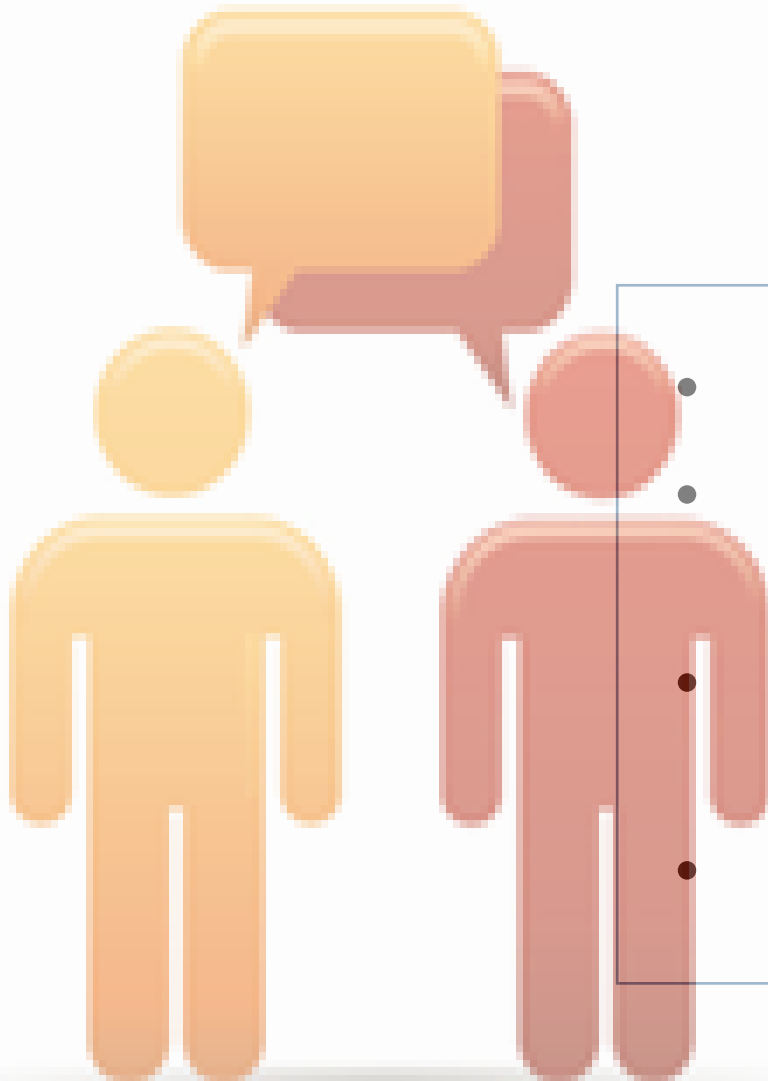
Who is in a Circle of Support?  
**Anyone the person chooses!**

- People they trust
- People who know them best
- People who can help
- Friends and family
- Teachers, therapists, coaches
- Their Service Coordinator
- Independent Facilitator



The regional center still plays an **important** role, by:

- Helping develop the IPP
- Certifying the amount of the individual budget
- Helping people understand what services are eligible for funding
- Helping people to be healthy and safe



# ROLES AND RESPONSIBILITIES: INDEPENDENT FACILITATOR (1 of 2)

New Role! Independent facilitator: A person who can help implement a participant's program

They **CAN** help:

- Make informed decisions regarding the individual budget;
- Locate, access and coordinate the services and supports in the IPP;
- Identify needs and finding options to meet those needs;
- By leading, participating in and/or advocating on a person's behalf during the person-centered planning process and when they develop their IPP

They **MUST**:

- Receive training
- NOT provide any other service to the person

They **CAN**:

- Be paid from the spending plan, if hired
- Be a service coordinator
- Be family members

# ROLES AND RESPONSIBILITIES: INDEPENDENT FACILITATOR

## (2 of 2)

SDP Participants: Think about what **you** need...  
What kind of person would you get along with?

### WHAT DO YOU **NEED**?

- Do you need help accessing your community or neighborhood?
- Do you need different people to do different things?
- Do you want help with person-center planning?
- Help with advocacy?
- Help in accessing public benefits?

### WHAT DO YOU **WANT**?

- Someone who is very organized?
- Do you want someone who is calm and gentle?
- Do you want someone who really understands your family?
- Someone who understands your culture?

## Who Can Be PAID Independent Facilitators?

- Family members
- Neighbors
- Community members / other professionals
- Service providers who DO NOT provide other services to the person

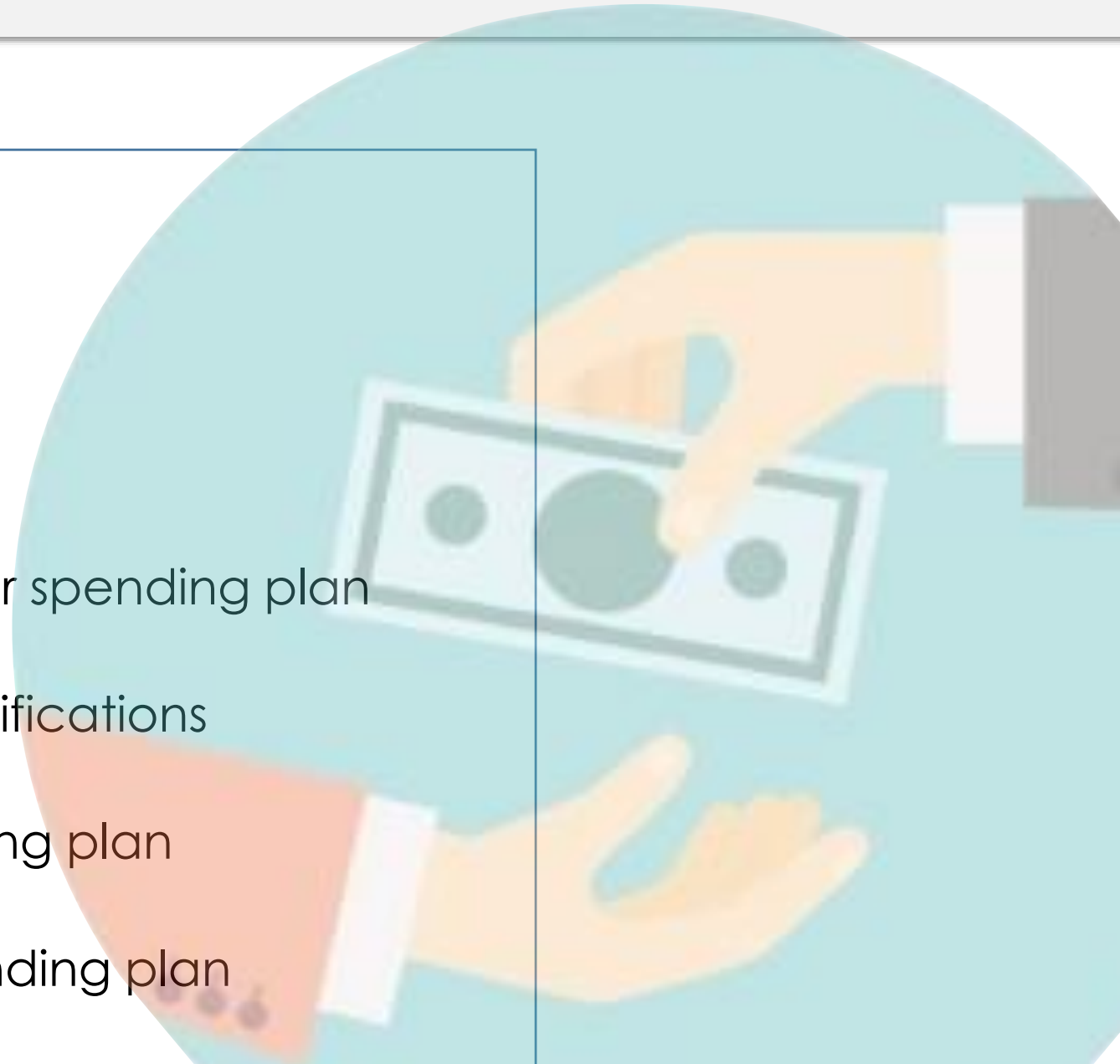
## Who Can Be UNPAID Independent Facilitators?

- Parent of minor
- Spouse of participant
- Case Manager from Regional Center (some of the functions, not all)

# ROLES AND RESPONSIBILITIES: FINANCIAL MANAGEMENT SERVICES (FMS)

## FMS Role and Responsibility

- **The participant chooses** their FMS
- A **required** service for the program
- Is **required** to be vendored
- Participant pays for the FMS out of their spending plan
- The FMS checks background and qualifications
- Helps the person manage their spending plan
- Gives a monthly report about the spending plan



# WIC 4685.8 (F)(1) Financial Management Services



## Spending Plan Management

- ✓ Manage distribution of funds
- ✓ Ensure financial resources to implement IPP
- ✓ Bill Pay Service



## Provider Employment

- ✓ Facilitate employment of workers by participant
- ✓ Facilitate criminal background checks



## Documentation

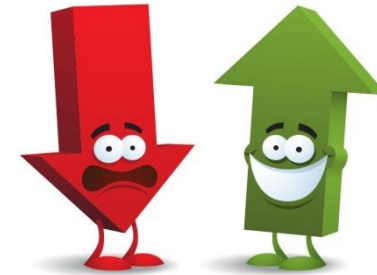
- ✓ Monthly spending statements to participant and Service Coordinator / Case Manager

# INDIVIDUAL BUDGET



## Determining Budget

- Existing Participants
  - Expenditures over previous 12 months
- New Participants
  - Average of what is spent on those 'with similar needs'



## Changes to Budget

- Unmet Need
  - Needed services in IPP not used
  - Needs weren't addressed in IPP
- Change in Circumstance
  - Major life changes affecting needs

# SPENDING PLAN CATEGORIES

- ☐ Living Arrangements
- ☐ Employment and Community Participation
- ☐ Health and Safety

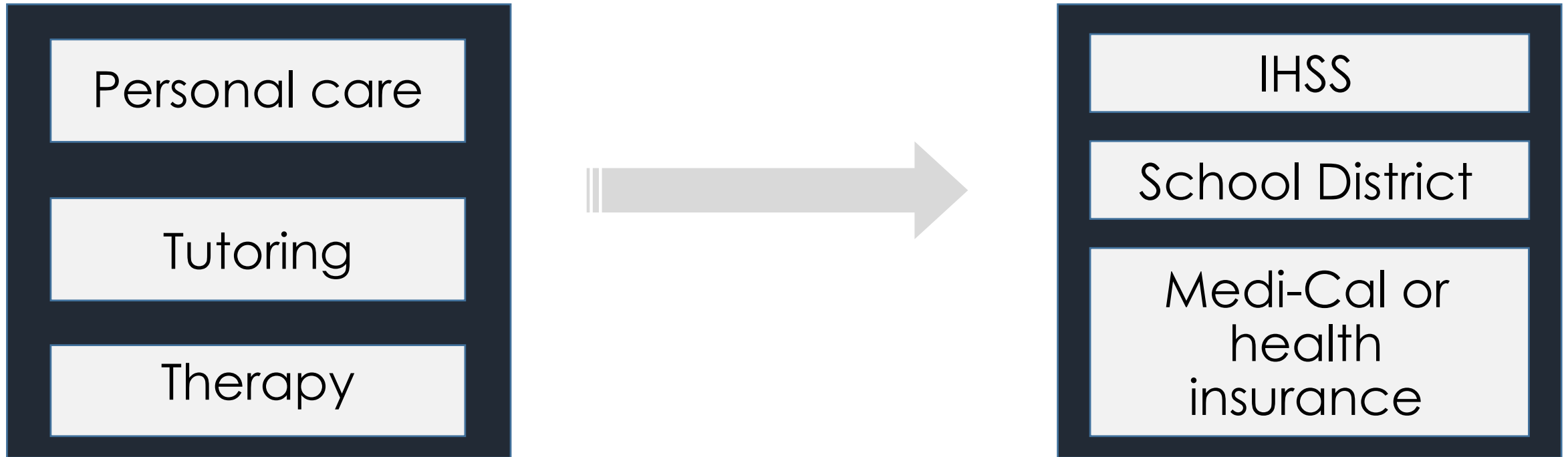


*See DDS Website for Handouts: Self-Determination Service Definitions and Self-Determination Service Codes by Budget Category*

# PLANNING: REQUIREMENTS OF PLANNING FOR SERVICES

(1 of 2)

## Generic Resources



- **SAME** requirement as in the traditional regional center system.
- Helps you **save money** in your spending plan for other things.
- Talk with your team if a generic resource does not meet your needs.

# PLANNING: REQUIREMENTS OF PLANNING FOR SERVICES

(2 of 2)

The services you pay for from your spending plan **MUST**:



\* Be a  
federally  
recognized  
service



Providers  
must be  
qualified



Support  
choice  
and  
inclusion



Can be  
vendored  
& non-  
vendored

1

**MUST try to get other sources  
to pay first**  
(called "Generic  
Resources")

2

**MUST be provided in places where  
you are included in the community**  
(called "Final Rule")

# PLANNING: SELECTING SERVICE PROVIDERS

## Agreements with Service Providers



Expectations  
of the job



Hours and days  
of the job



How you will  
keep track of  
when they work



Start date/end  
date



Rate of pay



Where the  
service will  
take place

# SDP LOCAL ADVISORY GROUPS

Make connections with local *support!*



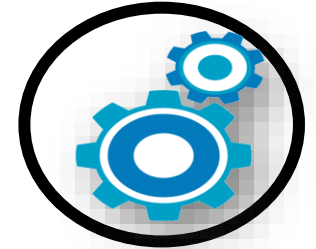
Collaborative/networking meetings w participants, families, IFs, FMS, and service providers.



Monitors the development and ongoing progress of the program.



Can conduct outreach and provide training.



Offer recommendations for ongoing improvement.

- ✓ Sign up for Regional Center Of the East Bay's Interest List.
- ✓ Tell your Service Coordinator you are interested.
- ✓ Attend meetings of your Local Self-Determination Advisory Committee! First Monday of the Month, 7p

A background image showing a close-up of several hands of different skin tones stacked together in a supportive gesture, with the text 'THANK YOU!' overlaid in a semi-transparent box.

**THANK YOU!**

RCEB Self-Determination:

<http://www.rceb.org/self-determination>

<https://www.rceb.org/resources/self-determination/advisory-committee/>

RECE Self-Determination Interest List– Sign up!

<https://www.rceb.org/resources/self-determination/advisory-committee/>

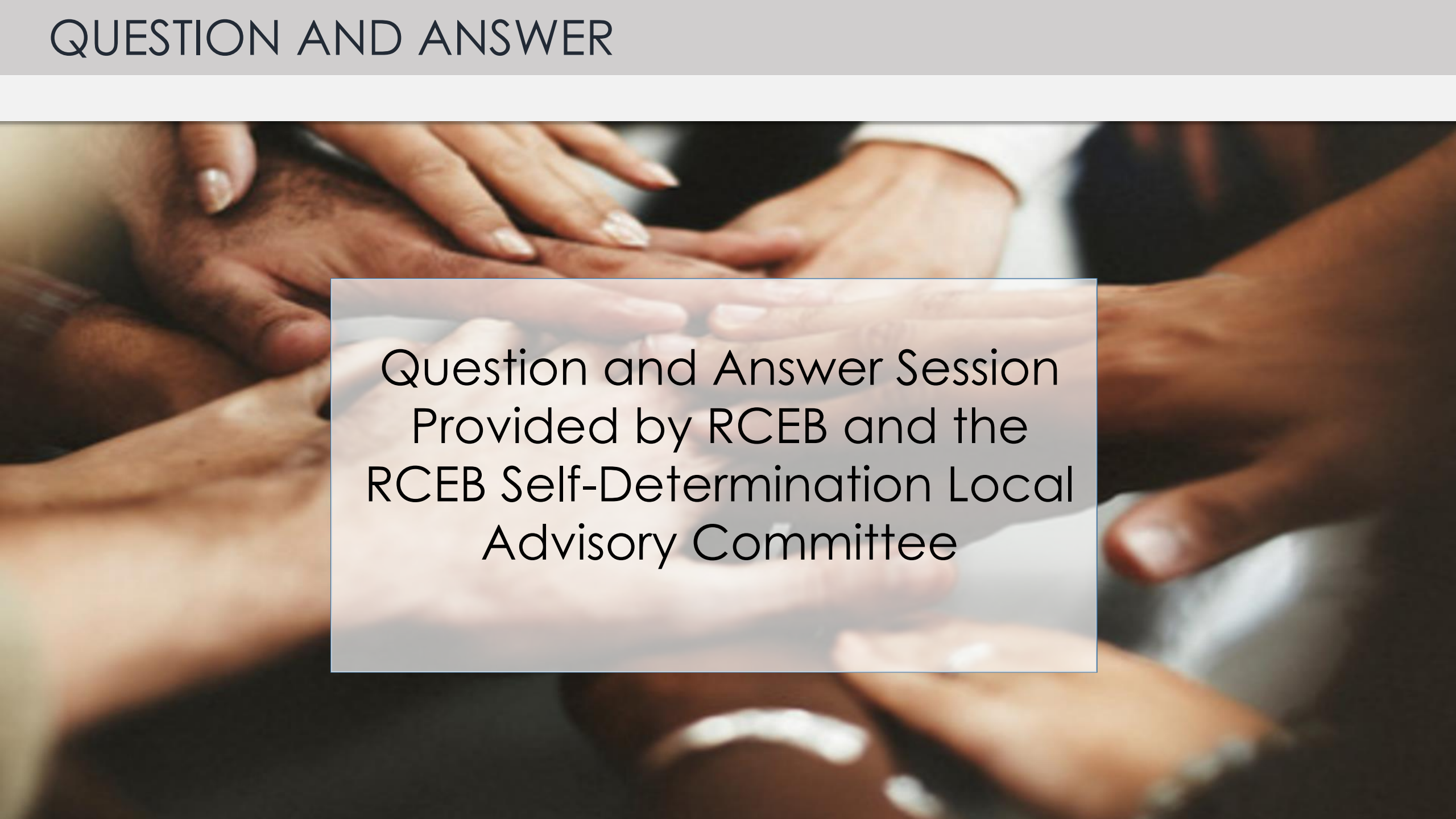


**THANK YOU!**

DDS Website: [www.dds.ca.gov/sdp](http://www.dds.ca.gov/sdp)

CA State Council on Developmental Disabilities,  
Bay Area Region: [https://scdd.ca.gov/bayarea/  
bayarea@scdd.ca.gov](https://scdd.ca.gov/bayarea/bayarea@scdd.ca.gov)

# QUESTION AND ANSWER



Question and Answer Session  
Provided by RCEB and the  
RCEB Self-Determination Local  
Advisory Committee