

The Future is ALMOST Here....



Choice through
Self-Determination

Welcome and Introductions

Your Facilitators:

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Self-Determination Program

Session Overview

- Determination & Self-Determination: What is it?
- Traditional Regional Services today vs. Self-Determination Services COMING SOON
- Self-Determination Program: History & Principles
- Who is involved? How does it work?
- What happens next? What you can do NOW!

Definition of Determination

Determination is when we make our minds up
to something... Even if it is hard

Definition of the Self-Determination Program

A way for people to be empowered, to gain more control over their own services or supports, that meet their needs

The Self-Determination Program

Welfare & Institutions Code 4685.8

“The Self-Determination Program will be in every regional center area to provide participants and their families greater control over decisions, resources, and budgets; and needed services and supports to empower their IPP.”

What's the Big Idea?

- **It's a Major Change to the Lanterman Act**
- It creates a new way to access services
- It's guided by the idea:

**People with disabilities should have the power to
decide how money is spent to support them in
living their lives**

What's the Big Idea?

In other words...

Self-Determination is a program where a person is given a specific budget, and they purchase the services and supports they need to make their Person-Centered Plan (PCP) work for them

Regional Center Services Today

- Your services are based on your Individual Program Plan (IPP)
- Your IPP is the record of the decisions made by you and your planning team, for your services and supports
- You can only get services that are available and vendored through your Regional Center

What is the difference?

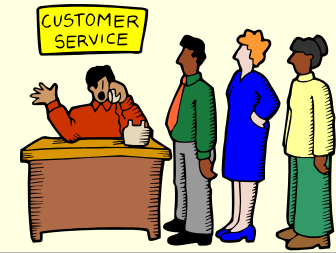
- **Now (with Traditional Services):**

Your Regional Center will offer you available services and supports that may meet your basic needs

- **In the future (if you choose Self-Determination):**

You and your team will decide what services and supports you buy to have a good life

What is the difference? Service Coordinator and You



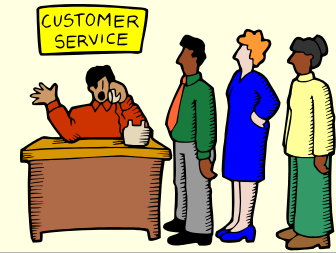
Service Coordinator's role with Traditional Services

- Caseload 80-100+
- Limited power
- Services in the IPP
- Services must be cost-effective
- Services can only be provided by a vendor of the Regional Center

Your role with Self-Determination

- You manage your service dollars
- Complete authority
- Services and supports determined through PCP
- You must make sure there's enough money in budget
- You can purchase services from anyone, vendor or not
- You have full responsibility and are answerable only to yourself

What is the difference? Service Providers and You



Service Provider's role with Traditional Services

- Vendored by/under the legal and contractual authority of the regional center
- Must provide services according to regional center policies
- Payment rates/service hours set by the regional center
- Forbidden to provide services outside the scope of their vendor agreement

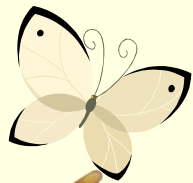
Service Provider's role with Self-Determination

- Providers are under your authority
- Your Financial Management Services (FMS) is “employer of record” for your providers
- Providers must give you the type and amount of services and accept payment according to your contract
- You have the authority to tailor services and set your own standards

A Little History about Self-Determination

- In 1998, five Regional Centers tested how well Self-Determination works, through a pilot
- Approximately 200 people participated in this pilot
- After three years, they all reported that:
 - People were happy and satisfied
 - People only bought things they needed and didn't waste money
- Thanks to grassroots efforts by individuals, families and community groups, **Senate Bill 468** established Self-Determination Program in California law in 2013

The Five Principles of Self-Determination



Freedom



Authority



Support



Responsibility



Confirmation

The Players: Who is Involved?



You: The leader of the band

- You must have Regional Center Services
- You must agree to the terms and conditions of Self-Determination
- You must attend a Pre-Enrollment Meeting
- You live in the community or with family
 - If you live in a Developmental Center, you may be eligible if you are expected to move into the community within 90 days

The Players: Who is Involved?



- **Independent Facilitator (IF): Resource connector**
 - It is your choice to have one or not

- **Fiscal Management Services (FMS): Handles the money**
 - You must have a FMS with Self-Determination
 - Must be vendored with the Regional Center

- **Your Support Team**
 - Service Coordinator, friends, family, paid supports etc.

The Basics: How Does it Work?

The First Steps

- Learn more about Self-Determination
- Ask questions based on your own circumstances
- Attend a Pre-enrollment meeting

Pre-enrollment meetings are not being held YET...

Your Regional Center will let you know when Pre-Enrollment Meetings are available

The Basics: How Does it Work?

The Person-Centered Plan (PCP)

- Develop a Person-Centered Plan (PCP) with your support team
 - Critically important step & first step
 - Identify Your short term and long term GOALS, wants, future plans, needs, preferences
 - Identify what is needed to meet all your goals. These will be services, accommodations, supports, etc.

The Basics: How Does it Work?

Your IPP and Budget is Developed

- Services will fall under broad budget categories
 - List your goals, accommodations, services and supports under ‘budget categories’
 - Designate chunks of money to service categories

The Basics: How Does it Work?

Your IPP and Budget is Developed

- Your budget is based on your last 12 months of **used** Regional Center services and supports
 - Your budget may be adjusted based on a change in your circumstances or prior unaddressed needs
 - You can shift up to 10% of funds between budget categories

The Basics: How Does it Work?

Independent Facilitator

- Optional
- Selected and directed by you
- May help you with your Person-Centered Plan
- May help you find the people and supports you want to work for you
- May help you make sure your providers fit your needs
- May help you mediate issues with providers
- May help you find people in your community that are willing to help you for free

The Basics: How Does it Work?

Financial Management Service (FMS)

- You are required to have a FMS with Self-Determination
- FMS is the “bank” for your budgeted Regional Center funds
- Keeps your money safe, can take care of tax withholdings, insurance, and compliance with relevant state and federal employment laws

The Basics: How Does it Work?

Financial Management Service (FMS)

- Verifies provider qualifications (checks for criminal records and schedules finger-printing for personal care staff)
- Sends paychecks to your workers
- Every month they will tell you and the regional center how much you spent and how much you have left.
- **They DON'T tell you how to spend your money!**

When will Self-Determination Happen?

Now:

- Local Self-Determination Advisory Committees are meeting
- There is a local committee in each Regional Center area
- The federal government's Center for Medicaid and Medicare Services (CMS) has to approve Self-Determination before it can start in California

When will Self-Determination Happen?

- Anticipated start in the next year
- For the first three years, up to 2,500 people can participate
- After the first three years, there is no limit for people to participate

What You Can Do NOW

Think strategically!

- Ask for and use all of the services you need now
- Advocate for services and supports you need to live a full life
- Attend your local Self-Determination Advisory Committee Meetings to learn more

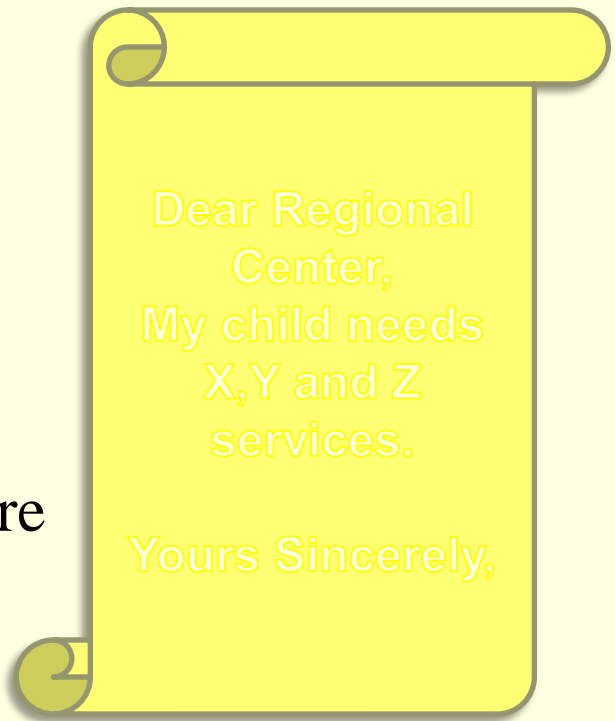
Dear Regional
Center,
My child needs
X,Y and Z
services.

Yours Sincerely,

What You Can Do NOW

Think strategically!

- Talk to your Regional Center Service Coordinator
- Talk to your family and friends
- Go to the Self Determination Pre-enrollment meetings, once they are here
- Keep learning, talking to people!



Dear Regional
Center,
My child needs
X,Y and Z
services.

Yours Sincerely,

More about Local Advisory Committees

- Committee members include Regional Center staff, Clients' Rights Advocates, people-served, family members, advocates and community leaders
- Most members must be consumers and family members
- The Regional Center appoints ½ the members and the local SCDD office appoints the other ½
- The committees must reflect the multicultural diversity and geographic profile of the people served in that area
- The committees monitor the progress, do outreach, and make recommendations for the Self-Determination Program



Thank You

Any Questions?

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