

# ORIENTATION OUTLINE

Welcome – including an outline of what the orientation will entail.

## Part 1: Overview of the Self-Determination Program

- The History of Self-Determination
- The Principles of Self-Determination
- An Overview of California's Self-Determination Program
- Your Responsibilities in the Self-Determination Program
- Who Will Help You in the Self-Determination Program (*a brief introduction to each: your planning team, service coordinator, independent facilitator, FMS*)

## Part 2: Getting Started

- Meet Jason and Sofia (*The introduction of Jason and Sophia who are fictional participants of different ages, disabilities, and needs and how they figure out their plans for their future. We follow their self-determination journey throughout the orientation. There are handouts on Jason and Sofia that people can use as examples that contain their fake person-centered plans, budgets, and other decisions they have made. This handout is referenced throughout the orientation*)
  - **ACTIVITY: Hopes & Dreams**
- What is Person-Centered Planning (*pre-planning and making decisions*)
  - **ACTIVITY: Pre-Planning**
- Turning Dreams into a Plan (*putting your ideas into action*)
  - **ACTIVITY: Turning Dreams Into a Plan**

## Part 3: Paying for Your Plan

- Your Choice with Service and Supports (*information including those things that do not have a cost so that your budget can go further; what can be paid for under the Self-Determination Program; what cannot be paid for under the Self-Determination Program*)
- Important Rules (*generic resources and HCBS rules*)
  - **ACTIVITY: Community Inclusion Assessment**
- The Individual Budget (*including examples of budgets and a worksheet*)
  - **ACTIVITY: Figuring Out Your Individual Budget Expenses**
  - **HANDOUT: Services with Budget Categories and Service Descriptions**
- Working with a Financial Management Service (*what the FMS does, the requirement to have one, the types of FMS models, how to select the right model for you*)
  - **HANDOUT: FMS Level of Participant Responsibility**

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## Part 4: Finding People to Help You

- Finding the Right Independent Facilitators
  - HANDOUT: **Template Interview Questions for Independent Facilitator**
- Finding the Right Service Providers
  - HANDOUT: **Template Interview Questions for Service Providers**
- Finding the Right FMS
  - HANDOUT: **Template Interview Questions for FMS**
- Agreements with Your Service Providers, Facilitator and FMS
  - HANDOUT: **Participant Agreement with Service Providers**

## Part 5: Your Rights & Your Safety

- Your rights to disagree and to due process (*including due process and information on more informal resolution strategies*)
- Criminal Background Checks
- Recognizing abuse and neglect (*including resources for prevention and self-advocacy*)

## Part 6: Next Steps

- After Orientation (*regional center specific instructions and/or plans for local implementation*)
- Local Volunteer Advisory Committee
- Self-Determination Resources (*regional specific resources, where to go with questions*)
- Developmental Disability Community Resources

Each part to the orientation has a placeholder for suggested activities and/or discussion. These areas are provided to enhance the understanding of the materials just covered. Suggested activities currently being considered are:

- Handouts on Jason and Sofia
- Worksheet on hopes and dreams
- Discussion on Pre-planning – who is your planning team, preparing for a meeting
- Turning goals into a plan
- How your individual budget is developed
- Definitions of services/supports
- Figuring out your budget with your selected services/supports
- Setting assessment tool

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- Interview questions for service provider template
- Service Provider agreement template
- Type of FMS handout
- Preventing abuse and neglect handout
- Self-advocacy handout

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