



**DISABILITY THRIVE INITIATIVE**

*Alternative Services and Supports for the IDD Community*

# **ALTERNATIVE SERVICES & BEYOND: SELF-DETERMINATION PROGRAM**

**NOVEMBER 10, 2021**

# WEBINAR TIPS AND INFORMATION PART 1



Para interpretación en español, haga clic en el ícono de globo blanco a continuación etiquetado como "Interpretación" y seleccione el canal en español



Visibility of ASL Interpreters is top priority. You may not always be able to see the presenter



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Webinar features vary by device and Zoom version

# WEBINAR TIPS AND INFORMATION PART 2



The meeting is being recorded



You are on mute and your camera is not on



Submit all questions using Q&A feature below



“Chat” and “Hand Raise” features are off



Please use survey at the end of this session for feedback and suggestions

# WELCOME



**Barry Jardini**

Executive Director

—  
**California Disability  
Services Association**



# TODAY'S WEBINAR

- Introduction to the Self-Determination Program (SDP)
- Translating SDP principles into organizational planning
- Designing and delivering SDP services
- SDP in practice
- Introduction to the Office of the SDP Ombudsperson



# MEET OUR PRESENTERS



**Melanie Gonzales**  
Northern California Director  
Adjoin



**Abby Yim**  
Executive Director  
Integrated Community Services



**Wendy Forkas**  
Chief Executive Officer  
Adjoin



**Rebecca Lienhard**  
Chief Executive Officer  
Tierra del Sol



# HISTORY

- **1998** – First Self-Determination Program (SDP) in 5 Regional Centers
- **2013** – SDP becomes law
- **2018** – Federal Approval & soft rollout (2500 participants first three years)
- **2021** – SDP now open to all



# WHAT IS SELF-DETERMINATION?



- Self-Determination is focused on helping someone decide what services they want for themselves.
- It is all about helping them decide what is important for them to feel happy and fulfilled.





# THINGS NECESSARY FOR SELF-DETERMINATION



- Freedom
- Authority
- Support
- Responsibility
- Confirmation

# TRADITIONAL SERVICES



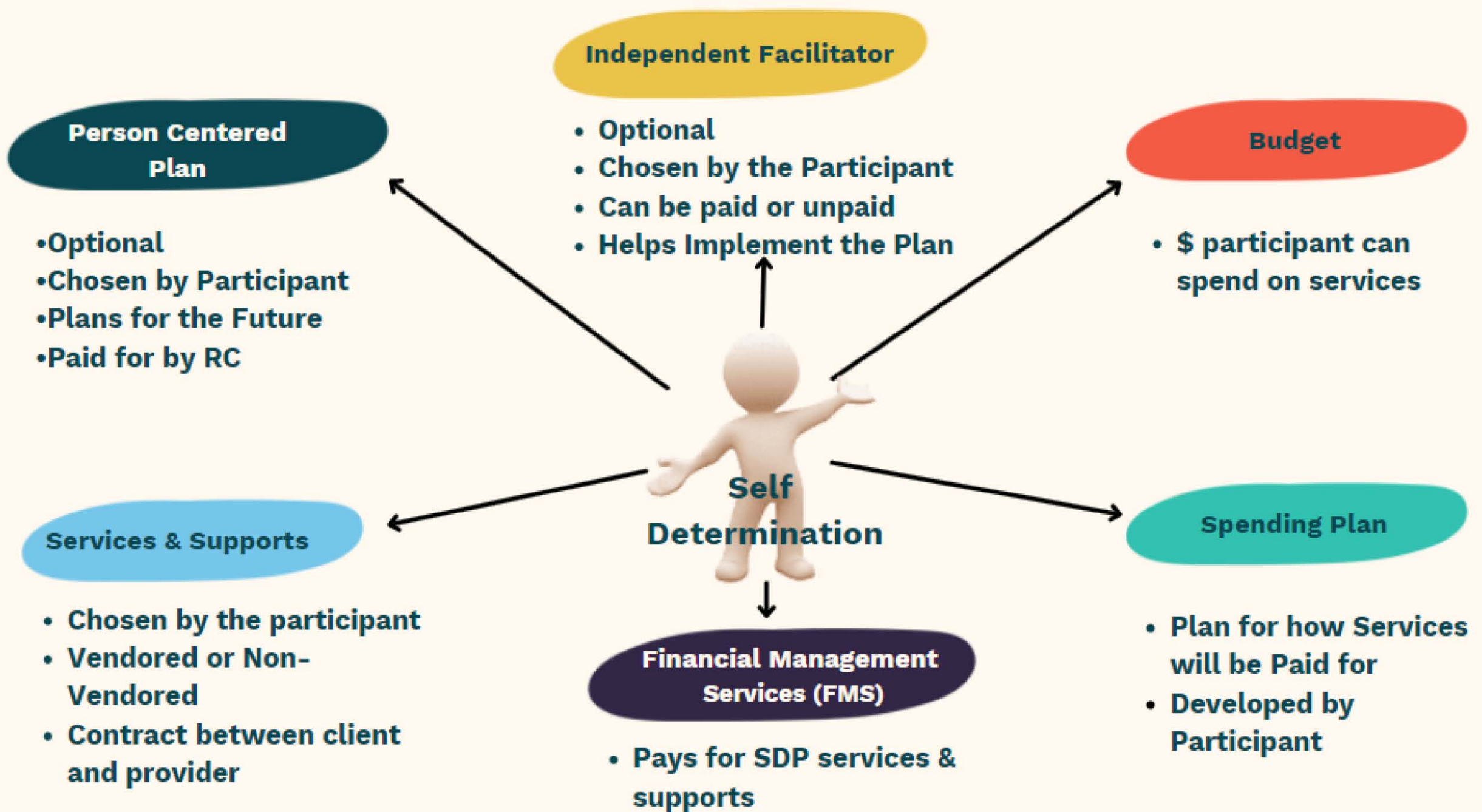
# SELF-DETERMINATION PROGRAM



# NEW ROLES & TERMS

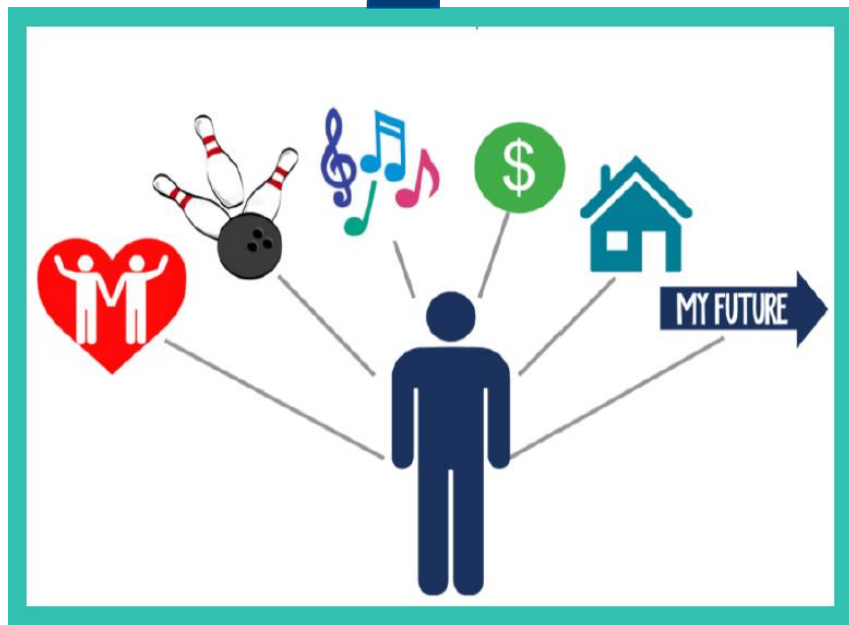


- Person-Centered Plan (PCP)
- Independent Facilitator (IF)
- Financial Management Service (FMS)
- Budget
- Spending Plan





# TRANSLATING THIS TO THAT



# OPPORTUNITY FOR SELF-DETERMINATION



## THE EVOLUTION OF DIRECT SERVICE WORK

### TO

**The Medical Model: Doing things to people with IDD**

Institutionalizing people with disabilities, segregating them from community. Caretaking through hospitalization / treatment focus.

### FOR

**Charitable Model: Doing things for people with IDD**

Volunteer caretaking through churches / faith organizations and families. Beginning of integration into community.

### WITH

**Inclusion Model: Doing things with people with IDD**

Inclusive housing and work focus where people with disabilities are seen as equals. Caretaking shifts to human rights.

**Why the Difference?** Policy and advocates today demand an inclusion model yet our system has not come up with a way to deal with it. SDP is a systematic effort to come up with an inclusion model.

# BUSINESS PLANNING: OPPORTUNITIES FOR SOMETHING NEW



## QUESTIONS TO CONSIDER

1. How can we view Self-Determination as an opportunity to continue to create something new and be flexible?
2. How can we get involved in a specialty that we offer as a provider?

# BUSINESS PLANNING: PREPARING YOUR ORGANIZATION FOR SUCCESS



## PREPARATION STEPS

1. Ask your participants why they use your services
2. Build a marketing/strategy plan about what makes you different from the competition



Design

Designing Services

Deliver

Delivering Services



# DESIGNING SERVICES



## FOOD FOR THOUGHT



- Where do your strengths lie as an organization?
- Are you already providing individualized services? If not, do you want to learn how?
- Do you have the capacity to grow in new ways?
- Do you value the needs of those you support over the value of your own programs?

# DELIVERING SERVICES

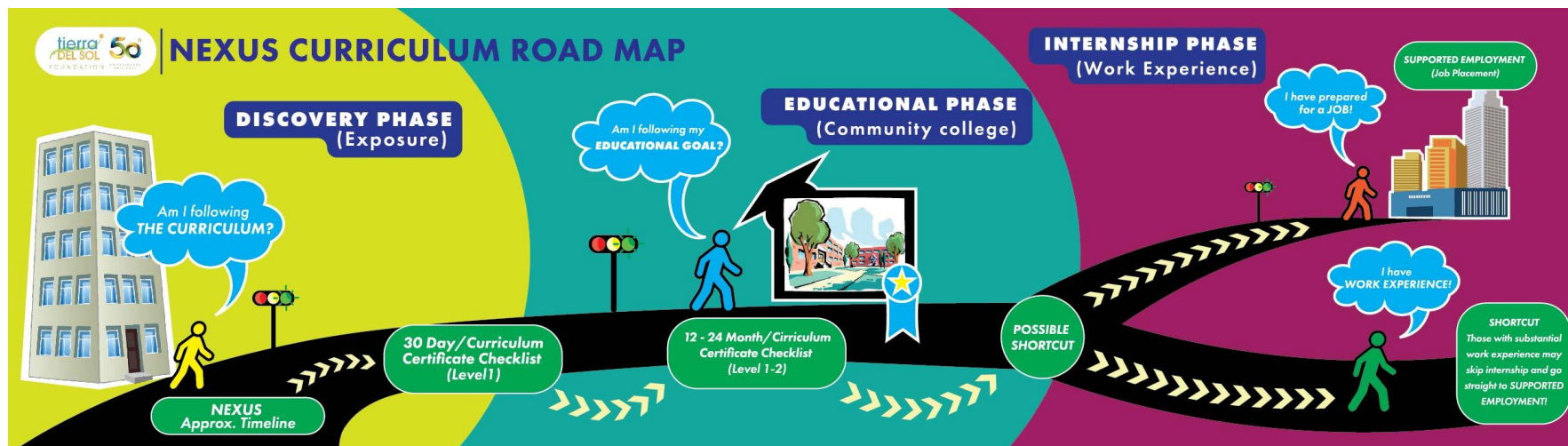


## FOOD FOR THOUGHT

- The individual receiving SDP services and the person that provides the service decide payment between themselves.
- Services are decided using a Person-Centered Plan (PCP) and not on system requirements.
- The Independent Facilitator (IF) is key.



# EXAMPLE



- Delivery Options (via in-person or remote delivery)
- Per Day:
  - Daily Rate for 1:3 NEXUS Services \$ 111.20
- Per Hour:
  - Minimum Weekly Service 6 hours
  - Hourly Rate for 1:1 NEXUS services \$ 58.60
- Monthly rate 43 hours or more per student per month (approximately 10 hours or more per week)
  - \$ 2285.00

# MAX USES SDP TO GET THROUGH COLLEGE



# OFFICE OF THE SELF-DETERMINATION PROGRAM OMBUDSPERSON



**Katie Hornberger**

*Acting SDP Ombudsperson*

**Website:**

**<https://www.dds.ca.gov/initiatives/sdp/office-of-the-self-determination-ombudsperson/>**

**Email:**

**[SDP.Ombudsperson@dds.ca.gov](mailto:SDP.Ombudsperson@dds.ca.gov)**

**Phone: (877) 658-9731**



# DEPARTMENT OF DEVELOPMENTAL SERVICES (DDS) RESOURCES



- Self-Determination Program:  
<https://www.dds.ca.gov/initiatives/sdp/>
- Home and Community-Based Services (HCBS) Final Rule:  
<https://www.dds.ca.gov/initiatives/cms-hcbs-regulations>
- Regional Centers: <https://www.dds.ca.gov/rc/>
- Office of the Self-Determination Program Ombudsperson:  
<https://www.dds.ca.gov/initiatives/sdp/office-of-the-self-determination-ombudsperson>
- Email: [SDP@DDS.CA.gov](mailto:SDP@DDS.CA.gov)

# DISABILITY THRIVE INITIATIVE RESOURCES



- Lunch and Learn

- Continue this conversation in a live, interactive session!
- Friday, November 12<sup>th</sup>
- 12:00 noon – 1:00 pm
- Register now:

[LunchAndLearn.DisabilityThriveInitiative.org](https://LunchAndLearn.DisabilityThriveInitiative.org)

- Access the Resource Library and keep up with us:

[DisabilityThriveInitiative.org](https://DisabilityThriveInitiative.org)

- Sign up for email updates about the latest:

[SignUp.DisabilityThriveInitiative.org](https://SignUp.DisabilityThriveInitiative.org)

- Request technical assistance:

[Support.DisabilityThriveInitiative.org](https://Support.DisabilityThriveInitiative.org)

# JOIN US FOR OUR NEXT WEBINAR



## Alternative Services & Beyond: Resources for the Disability Community to THRIVE

Wednesday, December 8, 2021

3:00 – 4:15 pm

[Webinar.DisabilityThriveInitiative.org](https://Webinar.DisabilityThriveInitiative.org)

# THANK YOU!



**DISABILITY THRIVE INITIATIVE**  
*Alternative Services and Supports for the IDD Community*

We appreciate all the support the Initiative has received from the disability community.  
Find this webinar and other resources at:

**[DisabilityThriveInitiative.org](https://DisabilityThriveInitiative.org)**

**[Info@DisabilityThriveInitiative.org](mailto:Info@DisabilityThriveInitiative.org)** | (916) 238-8811