



# Self-Determination Program



## Statewide Self Advocacy Network

Adapted from information by Regional Offices 10 4.



# Self-Determination Program(SDP)

The Self-Determination Program is a creative type of program that is intended to put you in charge of your services and supports.

- You have more control and responsibility
- You find services and supports that fit your life
- You decide how money is spent to meet your goals

# History

- 1998: 5 Self Determination (SD) Pilot Projects established in California.
- 2001: Pilots report high levels of satisfaction and recommend statewide expansion.
- In October 2013, Senate Bill 468 added the SDP to the Lanterman Act.

# Self-Determination Program

The law requires that services acquired through the Self Determination Program be supported by federal Medicaid Waiver funds. To access these funds the Deupartment of Deuvelopmental Seruices (DDS) had to submit a waiver application by December 31, 2014 to the Center for Medicaid Seruices (CMS).

# Self-Determination Program



**2/8/16-3/13/18**



- CMS reviewed California's application. They have raised issues/questions with California's application and "stopped the review" clock.
- DDS and CMS worked together to resolve all the issues/questions that were raised by CMS.
- As of March 13, 2018 the application has been resubmitted. This means on March 14, 2018 application is back on the 90-day clock for CMS to respond.

# Self-Determination Program



Once the waiver has been approved, up to 2500 people can be accepted into SDP over the next three years. Three years after that acceptance date, SDP will be available to all regional center clients who are eligible for the program.

# The Five Principles of Self-Determination

- 1. Freedom**
- 2. Authority**
- 3. Support**
- 4. Responsibility**
- 5. Confirmation**

# The Five Principles of Self-Determination



**Freedom** to control your life. You decide where you want to live, whom you want to live with, how you will spend your time, and who will support you.



# The Five Principles of Self-Determination

**Authority** to control a budget so you can purchase services and supports that you choose.

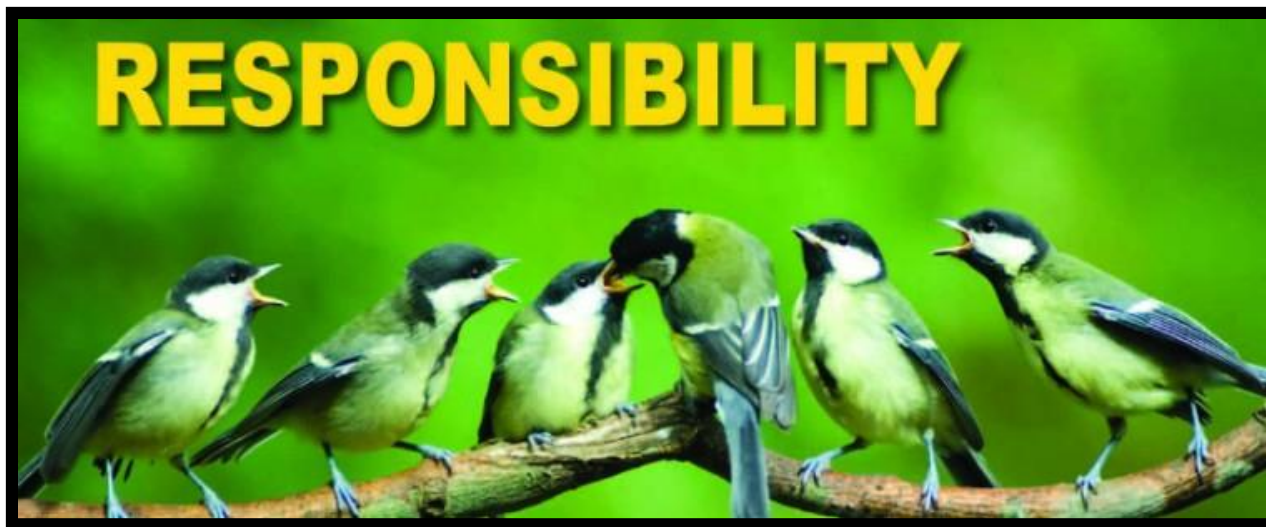


# The Five Principles of Self-Determination



**Support**: to organize resources and staff, so you can live the way you want to.

# The Five Principles of Self-Determination



**Responsibility**: for the wise use of public money, and recognizing the contributions you can make to your community.

# The Five Principles of Self-Determination



**Confirmation**, of the important role that you have to make decisions in your own life by organizing and overseeing the services that you need.

# Who Can Get Self-Determination?

Anyone who receives services from a regional center and doesn't live in a, licensed, long-term health facility such as a developmental center or an Intermediate Care Facility is eligible for Self Determination services,

If you are in the process of moving into the community, then you **ARE** eligible for self determination services.

# Who is/could Involved?

- You – the leader
- Facilitator – if you want one
- Fiscal Manager – handles the money
- Service Coordinator
- Your friends, family, paid supports, etc.

# The Facilitator

- Helps the person with their Person-Centered Plan.
- Helps the person plan and maintain the individualized budget.
- Helps the person develop a network of support and be part of their community.
- Helps the person find providers, negotiates rates, hours of service, and working agreements, and makes sure providers live up to the agreements made.
- Helps the person work out issues with providers.
- Helps the person and those around him or her to honor and live by the principles of Self-Determination.

You pay for the facilitator out of your budget. But you don't have to hire a facilitator. It's up to you.

# Financial Management Service (FMS)

**You must use a FMS to be in Self Determination.**

The FMS may help you with following:

- Receives funds allocated in the person's budget and makes payments to service providers.
- Keeps track of services provided and back up documentation.
- Maintains financial records.
- Takes care of taxes, workers' compensation, liability insurance, and makes sure all provider legal requirements are met (i.e. licenses and certification).
- Reports on expenditures.

***The FMS does NOT make decisions about how your money is spent.***



# How It Works

- You must attend a required Self Determination orientation to receive training on how Self Determination works, and agree to work with a Fiscal Management Service.
- The amount of your Individual Budget (IB) is based on how much regional center spent on your services over the last 12 months.
- Your budget pays for FMS, Facilitator, and Services
- With the help of people you trust, you develop a Person-Centered Plan (PCP) that reflects your vision in the different areas of your life and set goals.

# How It Works

- Ask for Self-Determination\*\*\*
- Agree to follow the rules and live within your individualized budget (IB).
- Hire a facilitator if you want.
- Hire a financial manager.
- With the help of people you trust, develop a Person-Centered Plan (PCP) that reflects your vision in the different areas of your life and set goals.
- Give your PCP and IB to your FMS.
- After background checks are completed, your FMS starts paying the people you hired.

***\*\*\*The law allows each regional center to develop its own process for signing people up.***



## Traditional Services vs. Self-Determination Program

- Person wants Awesome Therapy (AT).
  - Person has tried all programs offered and none meet needs. Person has letters from doctors to back up request for AT.
  - Service coordinator says AT isn't "vendored" and takes request to "committee." 3 weeks later person gets a denial letter saying AT isn't vendored, is too expensive, and person doesn't need AT anyway.
  - Person appeals denial and could wait up to 50 days for a decision - and might lose.
- Person wants AT.
  - Person makes sure there's enough money in budget to pay for AT.
  - Person talks with AT and comes to an agreement about hours & rate.
  - Person gives hours & rate info to FMS who makes sure AT has required certification and that staff don't have criminal records.
  - Person starts receiving AT.
  - Whole process takes a few days.

# If you interest in the Self- Determination Program

- Learn as much as you can about Self-Determination. Attend trainings. Read about Self Determination.
- Share what you learn about Self Determination with others who might be interested.

# For More Information...

- Department of Developmental Services:  
<http://www.dds.ca.gov/SDP/index.cfm>

You can sign up for email updates about self determination. If you want to be notified when updates are made, please email [sdp@dds.ca.gov](mailto:sdp@dds.ca.gov) and ask to be included on the notification list.

- Disability Rights California SD Publication:  
<http://www.disabilityrightsca.org/pubs/F07701.pdf>
- The Center for Self-Determination: <http://www.centerforself-determination.com/>
- Senate Bill 468: [http://www.leginfo.ca.gov/pub/13-14/bill/sen/sb\\_0451-0500/sb\\_468\\_bill\\_20131009\\_chaptered.pdf](http://www.leginfo.ca.gov/pub/13-14/bill/sen/sb_0451-0500/sb_468_bill_20131009_chaptered.pdf)