



GUEST SPEAKER:

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PARENT TRAINING Self Determination

It's coming. What is it and what does it mean to me?

The Present System - One Size Fits All... Sometimes.

TRADITIONAL SYSTEM:

- Service Coordinator suggests vendored programs chosen for you
- Or you can request a vendored program , but it needs to be approved
- This system may be perfect for you and your loved one

SELF-DETERMINATION PROGRAM:

- You can choose who provides services
- You can make up your own service, tailored to your loved one's needs
- Service providers don't need to be vendored

Self
Determination
flips this
around.
You are now in
charge!

- How about being in-charge of your services?
- Would if you were able to select the people who help your child?
- What about spending your budget on creative ways that are tailored to your loved one's need?
- How about services on your plan centering around ***that person's*** hopes and dreams, looking at what is important to him or her, and brainstorming how to get there?
- It is going to be a new world.

The Principles of Self-Determination

Freedom

The right to plan your life and make your own decisions

Authority

Have control over a budget to pay for your services

Responsibility

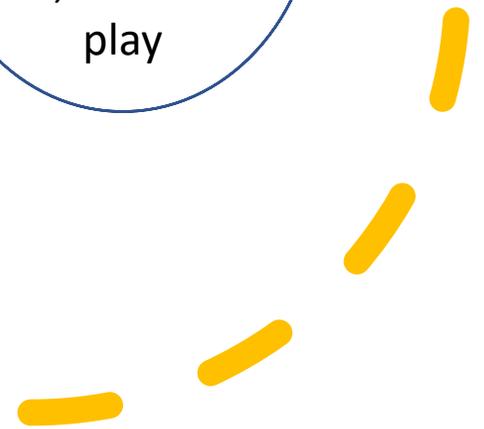
Make decisions in your life and have a valued role in your community

Support

Pick supports and people that help you live, work and play

Confirmation

You are the decision maker about your life



Sounds good – what now?

Let your Regional Center coordinator know you want to join the program and be placed on the DDS list

Attend mandatory orientation

Starting June 7, 2021 most Regional Center client 3 years and up are eligible

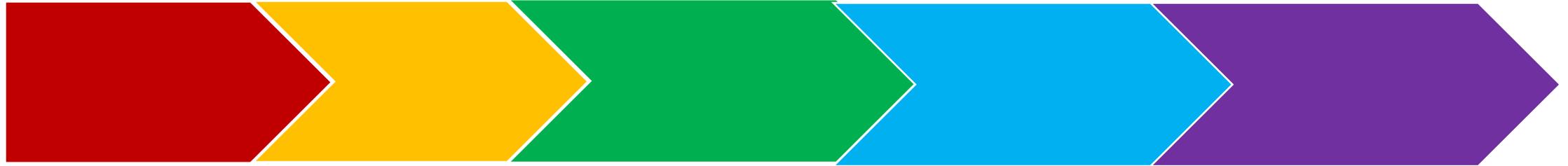
Look at your current services and supports.

- Think about a wish list. This is the fun one (again, this is a Federally-funded program. There are restrictions, but the definitions are broad).
- Has your life changed? (stupid question) – Change in Circumstances
- What do you need that you aren't getting in the traditional system – Unmet needs

Find someone to help you, like an experienced Independent Facilitator or Person-Centered Planner.

- You can ask a friend to do this job, or you can opt to do it yourself. (not recommended)

What are the steps?



STEP 1

Person-Centered plan

- Write a Person-Centered Plan
- Look at what's working and what's not
- Examine unmet needs
- Set goals to reach participant's hopes and dreams
- Go big!

STEP 2

Budget

- Schedule a budget conversation with RC
- Discuss Person-Centered Plan and your budget under the traditional service model.
- This can be complicated – especially if you have unmet needs under the traditional service model.
- ***We don't talk about the things on your wish list at this meeting.***

STEP 3

Spending Plan & FMS

- Once the budget is signed and certified, you think about how to spend the money that is in your budget and write a spending plan.
- Bring in your Financial Management Service (FMS) at this stage.
- The spending plan is approved.

STEP 4

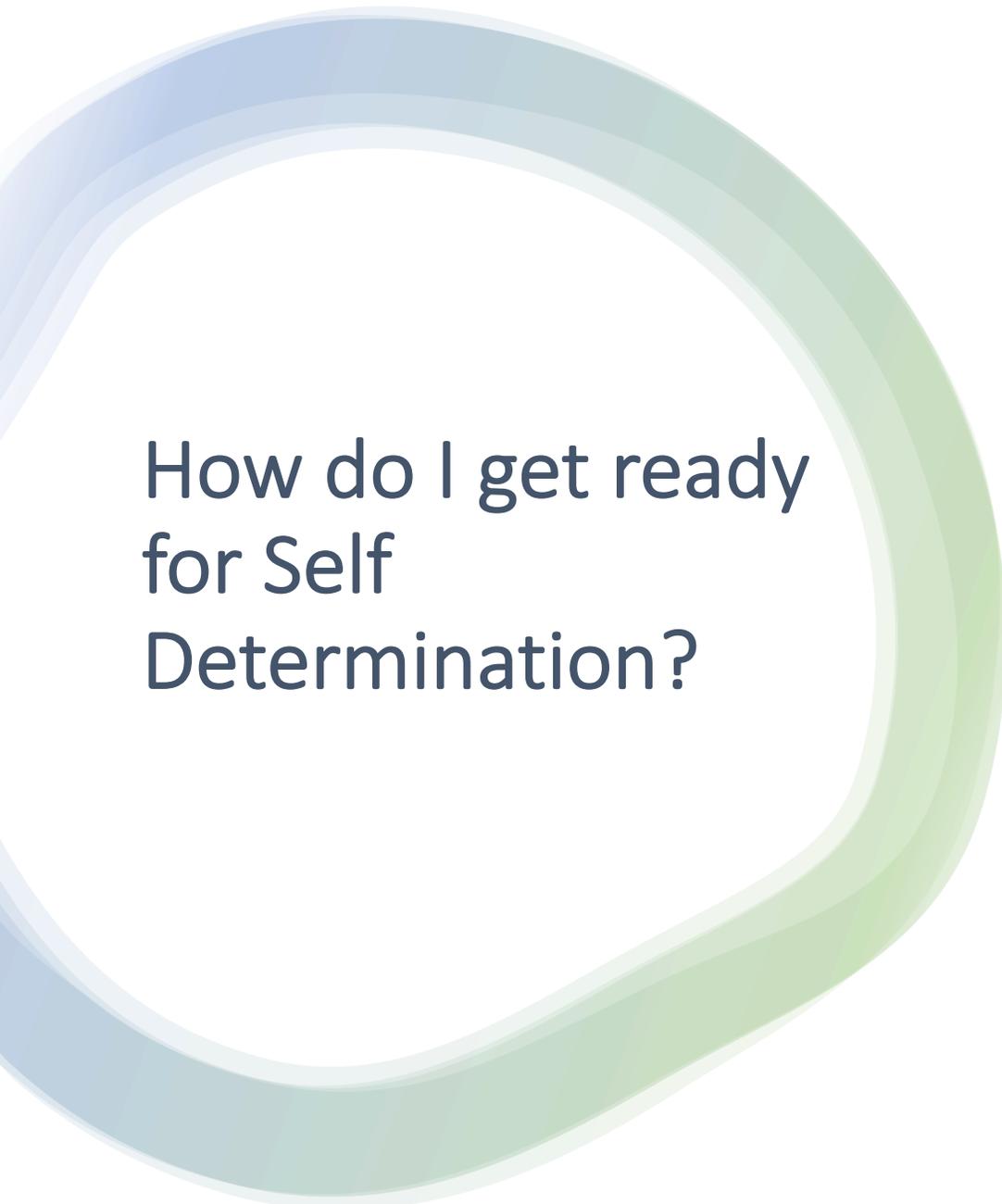
Final IPP

You have a final IPP. Funds are transferred to FMS control, and you are off and running, with your FMS now paying your bills and helping you stay on track with your approved budget.

STEP 5

Ongoing

- You change your mind.
- You change your mind again.
- You can change your spending plan as your needs change.
Remember you are now in charge....



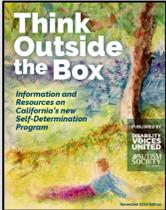
How do I get ready for Self Determination?

Look at your current services, and who delivers them – what is working and what would you like to change?

- If you feel your loved one needs social skills, for example, ask for the assessment now. Remember this isn't about padding your budget. It is about getting services that are needed.
- If you are getting Covid hours, they probably will not be included in the budget (as it stands this week), because they are considered emergency accommodations (like if you went in for surgery and needed extra help).
- If you want to hire workers yourself, start networking and find those people who might like to be paid to work with your person. Remember you can pay more because you aren't paying agency fees, if you choose that model.
- Like your agency? That's great, and you can continue to use them. We just have to make sure the agency fits in HCBS inclusion guidelines. If they don't, there is time to help them tweak things so they comply, which they will have to come 2023 anyway.

Where do I find more information?

Start attending your local regional center's monthly Self Determination Advisory Committee meetings. Zoom links can be found on their websites.

	<p>DDS website https://www.dds.ca.gov/initiatives/sdp/</p>
	<p>Self Determination "bible" https://disabilityvoicesunited.org/resources/publications/ \$25</p>
	<p>An online workbook https://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf</p>
	<p>This has great information, is FREE and in English and Spanish: https://www.tri-counties.org/self-determination-program/</p>



Some FAQs...

- Creative ideas for meeting HCBS Regulation
 - Bring in Best Buddies, for instance
- Aware of services that won't get approved
 - Out of state travel, airfare
 - Denial letters
- Knowledge of Generic Resources
 - School Districts, MediCal, Health Insurance
- Experience in understanding limitations, barriers, and other components that will save you time and resources
 - Network with other families, get on the Facebook groups, start your own

CONTACT INFORMATION

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