Steps to Self-Determination Program

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Independent Facilitator

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## Background

* Born and raised in Japan
* Bachelor’s degree from CSU Fullerton
* Master’s degree from CSU Long Beach
* Preschool director for children from low-income families
* Started a non-profit organization to support low-income children
* Currently the organization supports Japanese community

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## Traditional system vs self-determination program

Traditional System

* *All ages*
* *Limited choice of services/ ONLY Regional Center vendors*
* *Regional Centers make payments*
* *Regional Centers have responsibilities.*
* IPP only

Self-Determination Program

* *Everyone over age 3*
* *Any service providers*
* *Financial Management Services (FMS) make the payments*
* *You have responsibilities.*
* Person Centered Plan and IPP

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## Frequently Asked questions

* What is Self-Determination Program?
* Who is eligible for Self-Determination Program?
* How long does it take to transition to Self-Determination Program?
* Why people choose Self-Determination Program over Traditional system?
* Is there a lot of work to do to transition to Self-Determination Program?

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## Steps to Self-Determination Program

1. Orientation
2. Budget
3. Independent Facilitator
4. Person Centered Plan
5. Spending Plan
6. Financial Management Services (FMS)
7. Self-Determination Program!

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## Step 1: Orientation

* Must attend orientation
* Regional Center
* The State Council on Developmental Disabilities (SCDD)
* Certificate!

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## STEP 2: BUDGET

* Last 12 months of expenditure
* Some Regional Centers give you right away, others give you later
* Do not sign yet
* This is not the final one

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## STEP 3: INDEPENDENT FACILITATOR

* Where to find an Independent Facilitator

- Word of mouth

- SDP Network

- SDP Coach at Regional Center

* What to ask

- Do they have experience?

- What services do they provide? (Person-Centered Plan only? All the way to transition to Self-Determination Program?)

- Do they provide service after you transition to Self-Determination Program?

* Regional Center pays for Independent Facilitator

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## STEP 4: PERSIN CENTERED PLAN

* -All about the person
* Hopes and Dreams
* Goals
* Needs
* IPP meeting after Person-Centered Plan is created

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## STEP 5: SPENDING PLAN

* -Details on how you spend the budget
* Based on the needs
* Must be related to Goals in Person Centered Plan
* Each Regional Center has its own rules
* Generic resources must be used first (insurance, school and etc.)
* No Rent, Food, Entertainment

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## STEP 6: FINANCIAL MANAGEMENT SERVICES

* -How to find
* Which model/ type to choose
1. Bill Payer: ONLY use agencies and companies
2. Co-employer: Use agencies/companies AND hire individuals
3. Sole Employer: You are the BOSS
* Who is responsible for the insurance

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## STEP 7: SELF-DETERMINATION PROGRAM

# Every 1st of the month

# Background check for employees (individuals)

# Vendor forms (agencies/ companies)

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## THINGS TO REMEMBER

* NEEDS vs. WANTS
* Each Regional Center has different rules
* Budget is based on individual NEEDS
* Community integration