

# Steps to Self-Determination Program

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Independent Facilitator

## **Slide 2**

### **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

## **Slide 3**

### **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

## **Slide 4**

### **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?

## **Slide 5**

### **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!

## **Slide 6**

### **Step 1: Orientation**

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

## **Slide 7**

### **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

## **Slide 8**

### **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

## **Slide 9**

### **STEP 4: PERSON CENTERED PLAN**

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

## **Slide 10**

### **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

## **Slide 11**

### **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

## **Slide 12**

### **STEP 7: SELF-DETERMINATION PROGRAM**

- Every 1st of the month
- Background check for employees (individuals)
- Vendor forms (agencies/ companies)

## **Slide 13**

### **THINGS TO REMEMBER**

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