

The background of the slide features a photograph of two men in an office environment. The man in the foreground is wearing glasses and a blue shirt, smiling broadly. The man behind him is also smiling. A semi-transparent white rectangular box is overlaid on the right side of the image, containing the text.

WELCOME

Self-Determination Program Orientation Part I

SELF-DETERMINATION PROGRAM ORIENTATION

AGENDA

AGENDA

1) Introductions and Housekeeping

2) What is Self-Determination

- History
- 5 Principles

3) Planning

- Person Center Planning
- IPP & Self Determination
- Home & Community Based Services

Break

SELF-DETERMINATION PROGRAM ORIENTATION

AGENDA

AGENDA

4) Roles and Responsibilities

- Your Responsibility
- Circle of Support
- Service Coordinator
- Independent Facilitator

5) Calculating the Individual Budget

WHAT IS SELF-DETERMINATION

OVERVIEW

WHAT IS SELF-DETERMINATION

- ✓ SELF-DETERMINATION PROGRAM OVERVIEW
- ✓ HISTORY OF SELF-DETERMINATION
- ✓ POINTS TO REMEMBER
- ✓ 5 PRINCIPLES OF SELF-DETERMINATION

WHAT IS SELF-DETERMINATION

SELF-DETERMINATION PROGRAM OVERVIEW



CHOICE, CONTROL
AND RESPONSIBILITY



SERVICES AND
SUPPORTS THAT
FIT YOUR LIFE



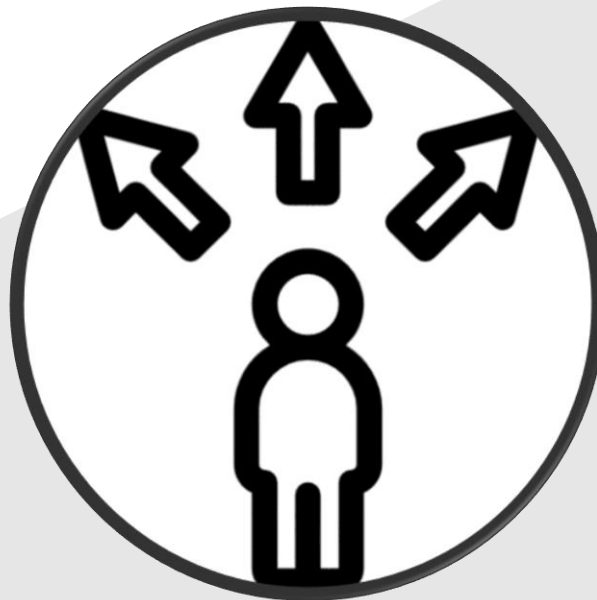
DECIDE HOW
YOUR BUDGET IS
SPENT



LOTS OF
SUPPORT



PERSON
CENTERED





History Of Self-Determination

Lanterman Act to Present

Lanterman Developmental Disabilities Services Act (the Lanterman Act) passed into law.

People with developmental disabilities and their families have a right to get the services and supports they need to live like people who don't have disabilities.

1969

1998

The Lanterman Act is amended.

A 2-year pilot project mandated to examine self determination. Five Regional Centers, of which **ELARC** was one, participate in the pilot. Guided by a Local Advisory Committee ELARC identified 32 individuals for the pilot.

Pilot project extended.

The Self-Determination Law passed to pave the way to make Self-Determination available at all regional centers.

2000-2013

2013-2018

The Self-Determination Program waiver is approved by the Centers for Medicare and Medicaid Services (CMS) for an initial 3-year implementation period.

After the 3-year implementation period, the program would be available to ALL eligible individuals. 2,500 participants are selected October 1, 2018.

2018

State prepares to launch self-determination.



2019

A second group of participants are selected on November 22, 2019.

Self-determination is available to any person being served by a regional center over the age of 3 years, is eligible to participate in the self-determination program!

2021- July 1st, 2021

WHAT IS SELF-DETERMINATION

SELF-DETERMINATION PROGRAM OVERVIEW

Traditional Services

- Person-centered planning
- IPP
- Regional Center
- Vendedored providers

Self-Determination Program

- Person-centered planning
- IPP
- Regional Center
- Vendedored or non-vendedored providers
- Individual budget
- Independent Facilitator
- Financial Management Service

WHAT IS SELF-DETERMINATION

POINTS TO REMEMBER



Voluntary
program



Stay in the
program if
you move

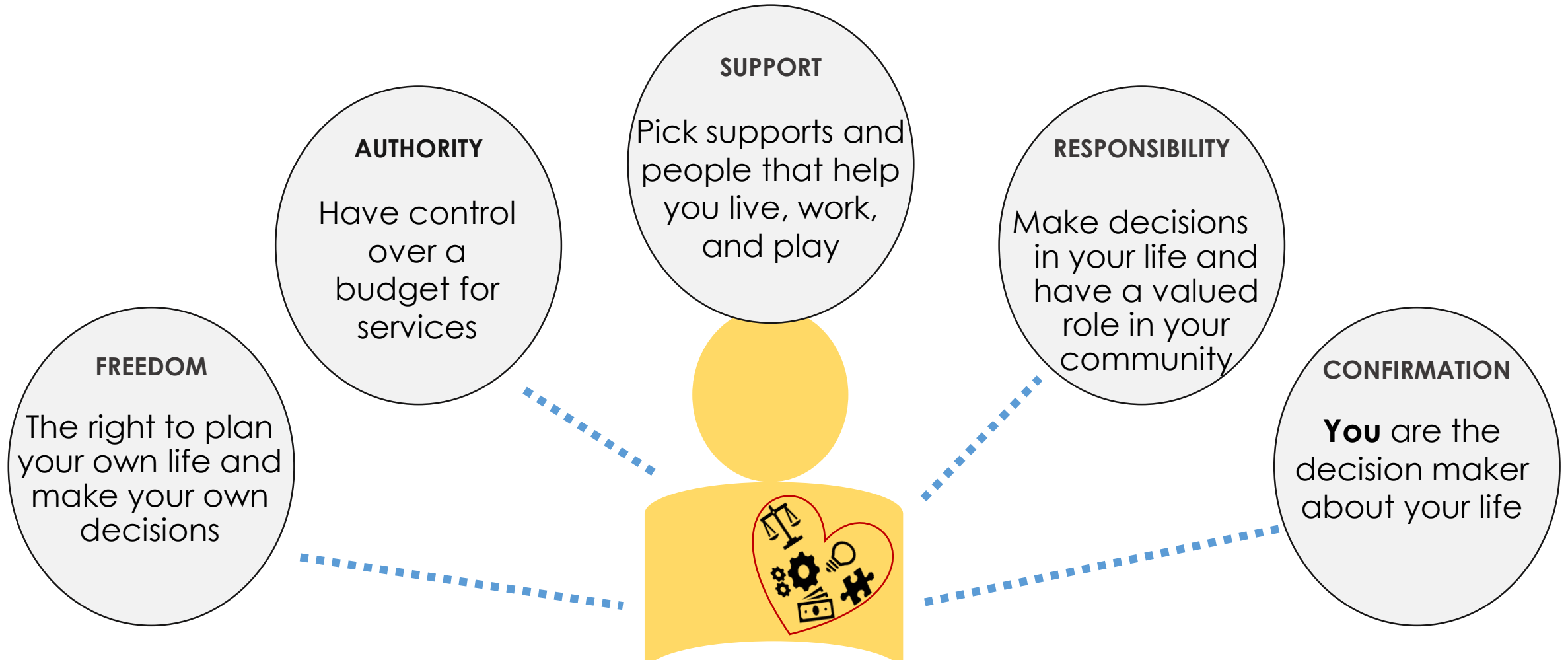


Must live in
the
community

WHAT IS SELF-DETERMINATION

5 PRINCIPLES OF SELF-DETERMINATION

*5 PRINCIPLES OF SELF-DETERMINATION



WHAT IS SELF-DETERMINATION

REVIEW

SELF-DETERMINATION Q & A

- ✓ Self-determination overview
- ✓ History of self-determination
- ✓ Points to remember
- ✓ 5 Principles

PLANNING OVERVIEW

PLANNING

- ✓ PERSON-CENTERED PLANNING AND SELF-DETERMINATION
- ✓ INDIVIDUAL PROGRAM PLAN (IPP) AND SELF-DETERMINATION
- ✓ REQUIREMENTS OF PLANNING FOR SERVICES
 - ✓ GENERIC RESOURCES
 - ✓ THE FINAL RULE (HCBS)

PERSON-CENTERED PLANNING

**Person-Centered Planning is
about YOU!**

You decide what is important to you to feel fulfilled and happy.



You plan for what is important for you to be healthy, safe and comfortable in your community.

PERSON-CENTERED PLANNING AND SELF-DETERMINATION



Keeping you at the center of planning, through the person-centered process **YOU** will:

1

Identify your hopes and dreams.

2

Identify what you like and what you're good at.

3

Identify and set meaningful goals for your life.

4

Choose who will provide services and supports to help you meet your goals.



Person-Centered Planning & Your Individual Program Plan (IPP)

Your Person-Centered Plan will provide lots of information for your Individual Program Plan (IPP), including:

- ✓ Your goals
- ✓ The supports you need
- ✓ The services you need
- ✓ Who will provide those services
- ✓ Your Individual Budget and Spending Plan



Person-Centered Plan



**Individual Program
Plan (IPP)**



My One Page Profile

My One Page Profile

Name

Date

Picture

What Is Important to Me

What People Like and Admire About Me



Qualities of Those Who Best Support Me



How to Support Me to Stay Happy



Living Arrangement



Health

Self Help/Personal Care



Education/Vocation

Effective Communication



Community/Socialization





Choosing A Person-Centered Plan Facilitator

Who can be a Person-Centered Plan facilitator?

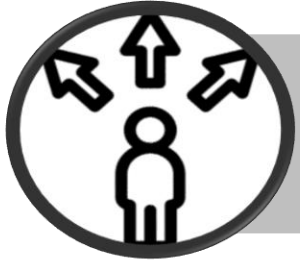
- A person who is skilled in Person-Centered Planning, an Independent Facilitator or someone you know and are comfortable with who can help you plan.
- Your Individual Program Plan (IPP) must be developed utilizing a person-centered planning process.
- A list of Person-Centered Planners and Independent Facilitators who can assist

Who pays for my Person-Centered Plan facilitator?

- Participants in Self-Determination may request person-centered planning services and utilize their budget to purchase planning supports.
- There are lots of resources on developing a Person- Centered Plan, it does not have to be a paid service.
- Your Independent Facilitator can provide this as part of your budget.

REQUIREMENTS OF PLANNING FOR SERVICES

* Home & Community-Based Services & the Final Rule



You make your own choices



You live in neighborhoods of your choosing



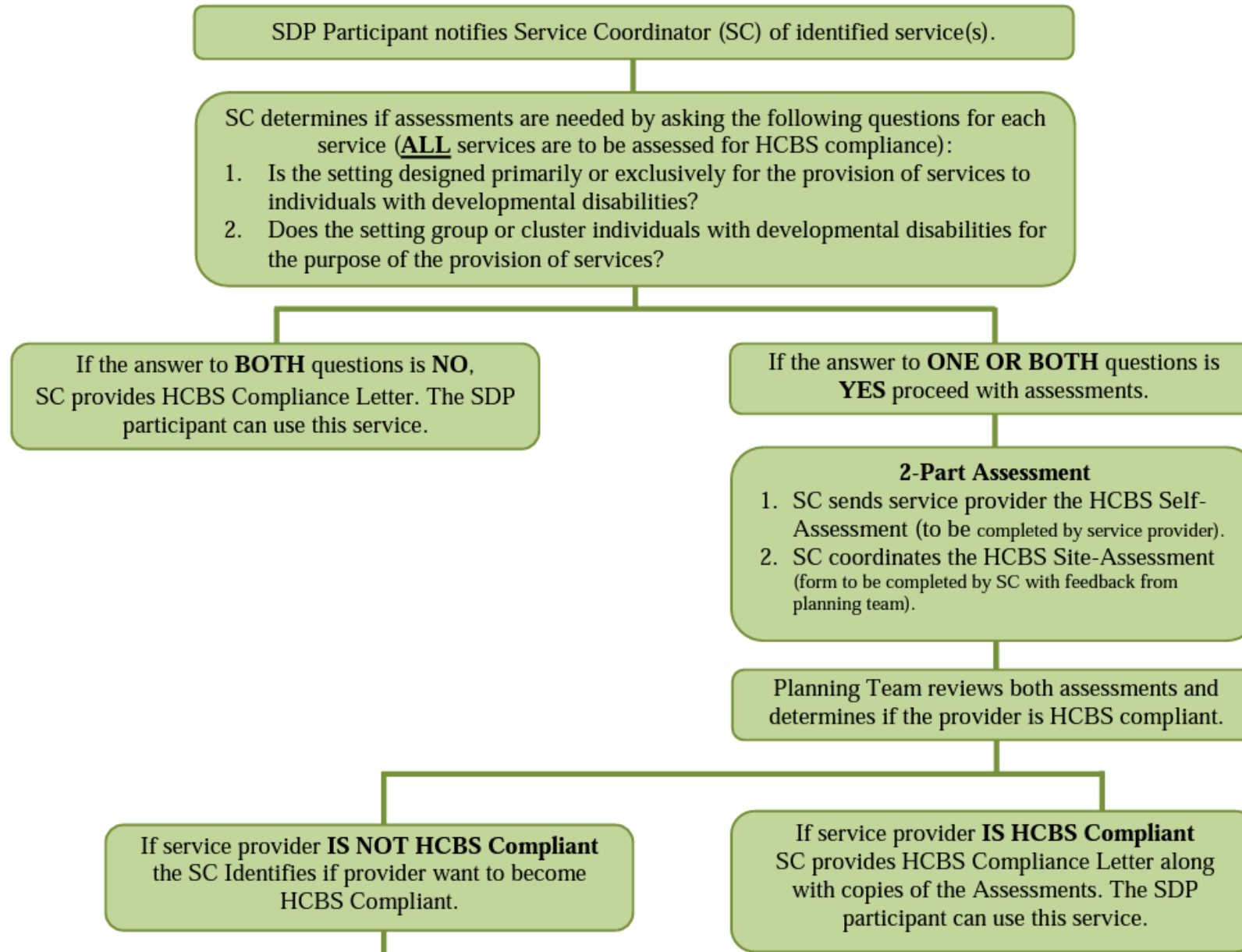
You have the opportunity to work and volunteer



You are able to make friends with people with and without disabilities

The Self-Determination Program is designed so that **you** are **included** in **YOUR** community.

Self Determination Program (SDP) Home and Community Based Services Compliance Assessment Flow Chart



PLANNING Q & A

- ✓ Person-centered planning and self-determination
- ✓ Home & Community Based Services – Final Rule (HCBS)

ROLES AND RESPONSIBILITIES

OVERVIEW

ROLES AND RESPONSIBILITIES

- ✓ YOUR ROLE AND RESPONSIBILITY
- ✓ PEOPLE YOU CHOOSE FROM YOUR LIFE
- ✓ YOUR REGIONAL CENTER SERVICE COORDINATOR
- ✓ INDEPENDENT FACILITATOR



Your Roles & Responsibilities

To be in the Self-Determination Program, you are agreeing to:

- ✓ Attend a Self-Determination Program orientation
- ✓ Developing a person-centered Individual Program Plan (IPP) with your planning team.
- ✓ Create a Spending Plan based on your Individual Budget.
- ✓ Use a Financial Management Service (FMS)





Who Can You Ask To Support You On Your Journey To Self-Determination?

Anyone you choose! **It's your choice!**



Your Family, Friends & Circle of Support:

- People You Trust
- People Who Know You Best
- Friends and Family
- Teachers, Therapists and Coaches
- Your Service Coordinator
- Your Employer
- Your Independent Facilitator



The Role Of The Regional Center & Your Service Coordinator

Your Service Coordinator from the Regional Center will:

- ✓ Help you develop your Individual Program Plan (IPP)
- ✓ Certify the amount agreed upon for your Individual Budget
- ✓ Help you understand what services are eligible for funding through the Self-Determination Program
- ✓ Guide you to make safe and healthy choices for your plan





Service Coordinator Roles & Responsibilities In the Self-Determination Program

Core Responsibilities:

- May lead your Person-Centered Planning session
- Will help develop your Individual Program Plan (IPP)
- Certify the amount of your Individual Budget
- Ensure you are accessing “generic resources” available to you
- Help you understand what types of services are eligible for Self-Determination funding
- Help you figure out how to be healthy, safe and living to your full potential at home and in your community
- Monitor progress towards meeting your Individual Program Plan goals based on your input and service provider’s reports
- Confirm that the money from your Individual Budget is spent as approved in the Individual Program Plan

Can use Judgment & Creativity

- May help you identify possible resources and services in the community that are readily available for your purchase
- Will help you pursue “generic” services that are available to you if you need help with accessing them
- Will help you figure out your Individual Budget according to your needs
- Will be available to answer questions and serve as a guide to what’s positive and possible
- Will help you if your needs change and if you need an increase in your budget

Service Coordinator Limitations

- Unable to scout for new services in the community
- Unable to negotiate service rates for you
- Unable to write and submit reports that outline how your services were used and how your funds were spent
- Unable to recommend an Independent Facilitator



Independent Facilitator

What is an Independent Facilitator?

- ✓ It is someone you choose to help you implement your plan.
- ✓ This can be someone you trust, someone who knows you and your family the best, someone who can help you.



- ✓ Someone who can communicate with you in your preferred language and understands what is important to you.
- ✓ An Independent Facilitator can be a family member, a friend or even your service coordinator.
- ✓ Your Independent Facilitator will help you identify your needs and help you find resources and coordinate the supports needed.

Do I have to use an Independent Facilitator?

No, it is your choice!!



Independent Facilitator

Do I pay an Independent Facilitator?

Independent Facilitators do not need to be paid, if they offer to volunteer their services. If you choose to pay your Independent Facilitator, that cost will come directly from your Individual Budget. Your Individual Budget cannot be increased to pay for an Independent Facilitator.

An Independent Facilitator can be paid if the participant is over 18, a parent may be a paid Independent Facilitator.

You can choose to have your regional center Service Coordinator help you as an Independent Facilitator and they would not be able to be paid. However, there will be limitations as to what they will be available to do in this role. Speak to your Service Coordinator about their availability to assist you as an Independent Facilitator.

An Independent Facilitator cannot be paid if . . .

- They are a person who is already providing you services.
- They are the parent of a person receiving services who is under 18.
- ~~They are a conservator~~
- The person served is married, their spouse cannot be a paid Independent Facilitator.



Independent Facilitator

What are the requirements of an Independent Facilitator?

- They must have completed training in the principles of Self-Determination and Person-Centered Planning.
- They cannot provide any other paid service to you.

How an Independent Facilitator CAN help you:

- Your Independent Facilitator will help you access resources including non-regional center funded services which would include public benefits, IHSS, etc.
- Your Independent Facilitator can help you access resources including non-regional center funded services which would include public benefits, IHSS, etc.
- Your Independent Facilitator can help you locate and secure your services and supports to help you reach your goals identified in your Individual Program Plan within your community.
- Your Independent Facilitator can support and advocate for you during the person-centered planning process including the development of your Individual Program Plan.

ROLES AND RESPONSIBILITIES

REVIEW

ROLES AND RESPONSIBILITIES Q & A

- ✓ YOUR role and responsibility
- ✓ People you choose from your life
- ✓ Your regional center service coordinator
- ✓ Independent facilitator

INDIVIDUAL BUDGET

Overview

INDIVIDUAL BUDGET

- ✓ Determining your individual budget
- ✓ Changes to your individual budget
- ✓ Jason and Sofia examples



My Individual Budget

Two Important Terms

Individual Budget

The **total \$ amount** I can spend for the next 12 months

Spending Plan

How I spend my budget





How Is My Individual Budget Determined?

**How much
was spent on
my services in
the previous
12 months?**





Reasons Why My Individual Budget May Change

You have received less than 12 months of services.

Reasons for receiving less than 12 months of service could include:

- Illness
- Services started or ended within past 12 months
- Provider is not available or too far from my home
- Waiting for transportation
- Waiting for a provider to have an open spot
- No respite provider who could work the hours I needed

If you need additional services:

- My service coordinator will discuss with me at my Individual Program Plan meeting.
- My Individual Budget would change based on identified service need.
- The amount to add to my Individual Budget for these services will be determined based on the regional center average costs for similar services.

INDIVIDUAL BUDGET

When Your Individual Budget Can Change

**1
UNMET NEED**

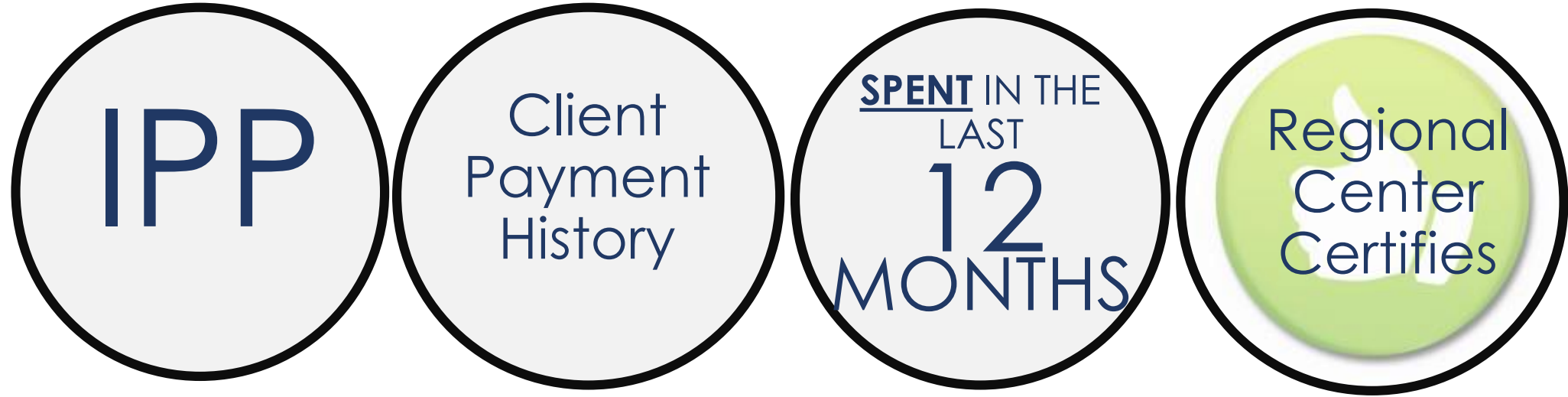
Needed services in your
IPP were not used.

OR

**2
NEW NEED or CHANGE
IN CIRCUMSTANCE**

There were needs not
addressed in your IPP.

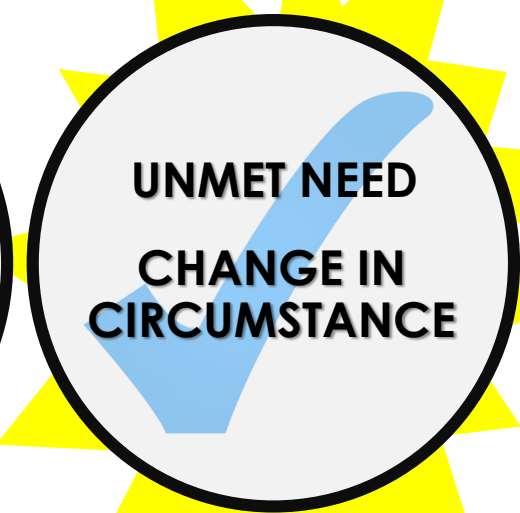
Jason



*INDIVIDUAL BUDGET

= \$63,100

Sofia



= \$2,100

PAYING FOR SERVICES AND SUPPORTS

INDIVIDUAL BUDGET

Sofia



UNMET NEED



IPP

Monthly
40 Hours
Respite



Provided
7 Hours
Respite



Unused
33 Hours
Respite



Regional
Center
Certifies

33 hours x \$25 per hour = \$825 per month
\$825 per month x 12 months = **\$9,900**

USED
\$2,100



UNMET
\$9,900



*NEW
Individual
Budget
\$12,000

My Individual Budget CANNOT be increased...

- To pay for an Independent Facilitator (if I choose to hire one).
- ~~To pay for the required Financial Management Service (FMS) agency.~~
- To pay for services or supports that I would not have been allowed under traditional services.

INDIVIDUAL BUDGET

Your Individual Budget Must:

- ✓ Include paying for an independent facilitator (if hired)
- ✓ Be developed using services that would be traditionally funded for only
- ✓ Be certified by your regional center.

PAYING FOR SERVICES AND SUPPORTS

INDIVIDUAL BUDGET



INDIVIDUAL BUDGET Q & A

- ✓ Determining your individual budget
- ✓ Changes to your individual budget
- ✓ Requirements for planning
- ✓ Jason and Sofia examples

Next Steps:

- Attend Part II – Register via Zoom
 - **Do not use the same link you used today.**
- Think about: Do you want to hire an IF?
- Start exploring the Person Center Planning process.
- PCP Workshops offered monthly.
- Sign up for our E-Notifications.

CLOSING THOUGHT

What is Possible is up to

YOU!

Make a plan that fits your life and helps you meet your life goals!

With services from people you choose,
In the community where you live and in places you want to be!

QUESTIONS?

Eastern Los Angeles Regional Center:

www.elarc.org

SDP@elarc.org

DDS Website: www.dds.ca.gov/sdp

DDS Email: sdp@dds.ca.gov