

Q&A

How does Self-Determination work?

Right now the Regional Center spends money to buy services for you. With Self-Determination, you get to use that money to buy the services you want. First, you would develop a person-centered plan. Then, you develop a budget that says how you would spend the money to make your plan work.

What can I buy with my Self-Determination money?

You could choose to buy some or all of your current services, or you could choose to buy something different. For example, you might decide that you want to spend some of your budget on technology that makes your life better, pay a neighbor to drive you to your job, and pay for child care so you can take a college class. **It's up to you!**

This sounds complicated. Is there someone who can help me?

You get to choose the people who help you. You can ask friends, family, and professionals to help you: plan and budget, manage your workers, make connections in your community, and solve problems.

With your budget, you could pay a facilitator to help you identify your needs, develop a plan to meet those needs, find services, and be your advocate. With Self-Determination, you chose the people you trust to help you in the way that you want.

What if I don't want Self-Determination?

Self-Determination is voluntary. No one has to do it!



For more information, please visit:

www.dds.ca.gov/SDP

www.rceb.org/self-determination

www.scdd.ca.gov/ssdac.htm

Or Email:

selfdetermination@rceb.org



Self-Determination — Your Choice, Your Way

A new program based on person centered planning allowing you more freedom to choose the services and supports in your life.

Self-Determination Local Advisory
Committee
Alameda and Contra Costa Counties

Freedom, Support, Authority — The Big Picture



Maria's Story

Through Self-Determination I learned to use a computer, and then I bought a computer, because that would help me get a job. I used my Self-Determination budget to pay for child care, so I could volunteer on local advocacy boards, network and get to know people. That helped me get a job at East LA Regional Center.

It was difficult to manage the new system at first; but it got easier over time. It was worth the effort because it made a difference in my life.

Garrett's Story

A driving principle of self-determination is **person centered planning**, which is a process to explore, discover and define what is important to a person now, and in the future.

We began person centered planning when Garrett was 9 years old. Those who knew Garrett best gathered together to share our collective wisdom about Garrett. Even though initially I felt I know Garrett best as his mom, I quickly realized others know Garrett better than I do in different settings - his school environment, sports teams, therapies, and his friends

Person centered plans are tailored to ensure a **fulfilled, enjoyable, and meaningful life**.



Davis' Story

Before Self-Determination, the Regional Center supported us with diapers for our son. We had to get them from a vendored agency, they were made in Vietnam and of poor quality. We had respite vouchers, but we had to pay people close to minimum wage. Then we could bill once a month, and they would get paid three weeks later. We couldn't retain people to do the work.

Under Self-Determination, we sit down with the Regional Center once a year to approve our budget. We can pay personal attendants enough to retain them, and they don't have to wait a month to get paid. We could purchase brand name, quality diapers at Costco, for a quarter of the cost. The Regional Center used to spend \$45,000 per year on Davis. Under Self-Determination we spend only \$25,000 per year. Yet within this budget we are able to arrange the supports we need.



SELF DETERMINATION WILL GIVE YOU MORE:

- **Freedom** to plan your own life and make your own decisions
- **Authority** to determine how funding is spent for your services and supports



- **Support** to plan and choose your own formal and informal services
- **Responsibility** for the decisions you make about your own life