



## WHAT IS SELF-DETERMINATION?

Adults with disabilities or families of children with disabilities, with the support of family, friends, and professionals whom they trust, taking charge of their own futures by gaining control over the services, supports and resources that they need. You decide what services you'd like and who should provide them. Additionally, Self-Determination is voluntary.

### *How does it work?*

#### You are given an INDIVIDUALIZED BUDGET

The law says that individualized budgets must be determined fairly and that everyone must be treated the same way. The law also says that Self-Determination will be phased-in over three years. The amount of money spent on services for the previous 12 months will be the amount of money you get for your Individualized Budget. The budget will be good for one year and it can be adjusted for reasons such as a change in circumstances or unmet needs. A new Individual Program Planning (IPP) will be needed to reflect the change and document any budget adjustment.

#### A person-centered plan is written with the help of a FACILITATOR

A Facilitator is someone you hire to help you. Hiring a facilitator is *optional*. You pay for the Facilitator out of your budget, but you can get a facilitator for free if you have a family member or friend willing to take on that task – but they have to be trained and qualified. Your Facilitator helps you find the services and support you need. Some of your supports will be free and come from your family, friends, and other people you know. Some of your services will be paid for out of your budget. Your Facilitator helps you find and hire the right people to support you and to decide how much they should be paid. The Facilitator makes sure everyone you hire is qualified and that you don't spend more money than you have in your budget.

## The money in your budget is sent to a FINANCIAL MANAGEMENT SERVICE

YOU CHOOSE THE FMS. When your plan is finished and your services and supports are in place, the regional center sends the money in your budget to a Financial Management Service, or FMS. The money is given to the FMS to protect you from having to pay taxes and from being sued. The FMS takes care of paying taxes and insurance and makes sure the people working for you don't have criminal records. The FMS does not tell you how to spend your money. The FMS keeps your money safe and pays the people you hire. The FMS keeps track of how much you spend.

### ***When can people get Self-Determination?***

## Self-Determination will not be available until California gets a FEDERAL WAIVER

Getting a federal waiver allows the state to get back some of the money spent on Self-Determination services. The state has already applied and been rejected. Another version of the waiver will be submitted within the next few months. After the waiver is approved regulations will likely have to be written. Self-Determination is probably at least six months away from implementation.

### ***What can people do now?***

Let your service coordinator know that you want Self-Determination and have it put in your IPP. The Department of Developmental Disabilities (DDS) is responsible for applying for the federal waiver. Call DDS at **(916) 654-1690** and tell them to act quickly. Receive updates from [www.dds.ca.gov/sdp/](http://www.dds.ca.gov/sdp/) and actively participate in the Self-Determination Advisory Committee meetings at your regional center.

In the near future, it is expected that regional centers will hold "pre-enrollment information meetings". Individuals interested in participating in the Self-Determination Program will be required to attend these meetings. Afterwards, individuals may add their name to a list of those interested in Self-Determination, which will be sent to DDS. DDS will then randomly select who shall participate in

