

Self- Determination

State Council on
Developmental Disabilities
Los Angeles Office

Community Advisory
Committee Meeting
Wednesday, February 15, 2017

Bruce Harrell, Advocate

What is it?

**Is it Right for
Me?**

Huge Change to Law



A New Option



Regular RC Services



RC



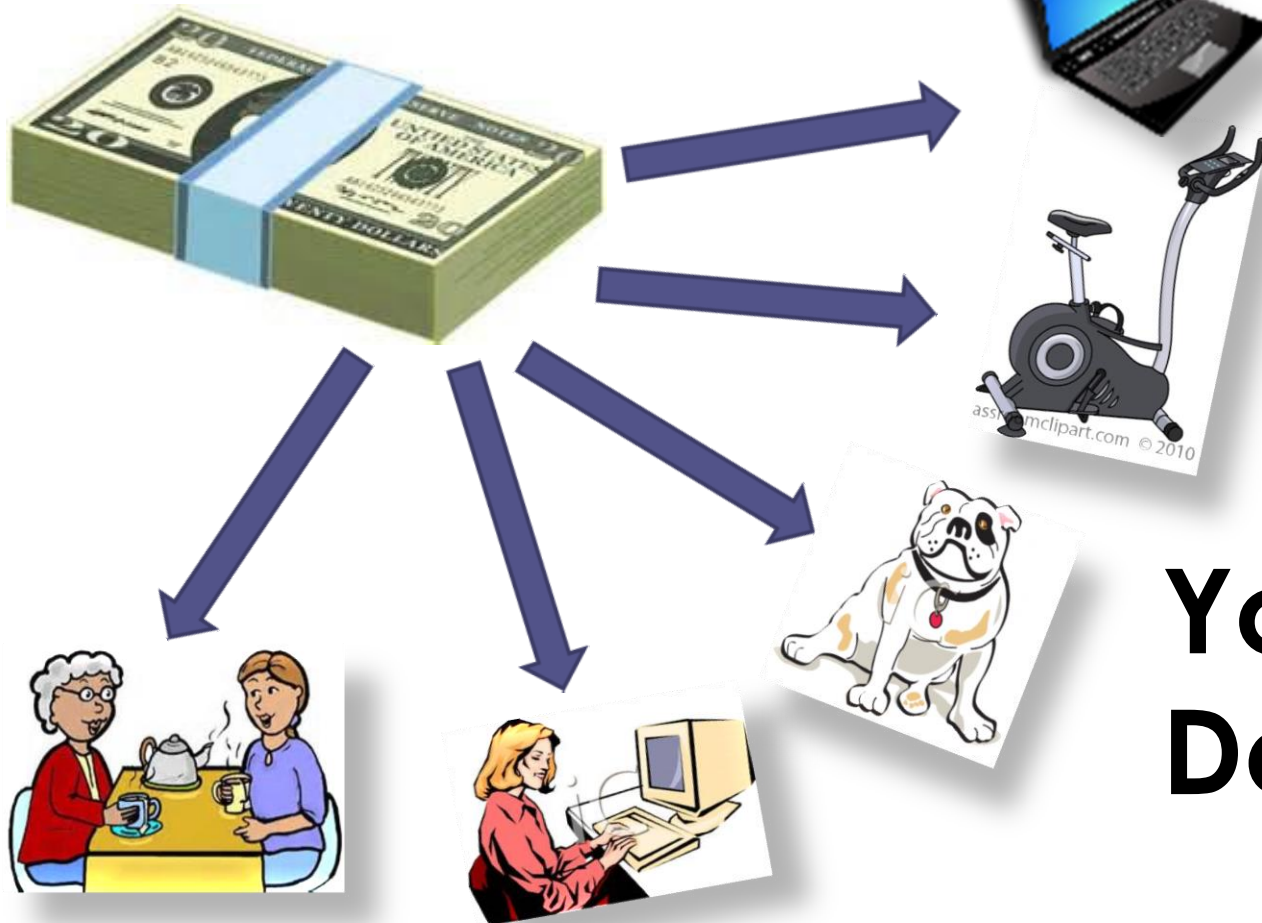
YES



NO



Self-Determination



**You
Decide**

The Five Principles

5

Of Self-Determination

Principle 1: FREEDOM



For You to make CHOICES

Principle 2: AUTHORITY



Over DECISIONS and MONEY

Principle 3: SUPPORT



From ALLIES to get what you need

Principle 4: RESPONSIBILITY



You are responsible, not others

Principle 5: CONFIRMATION



You make the system work better

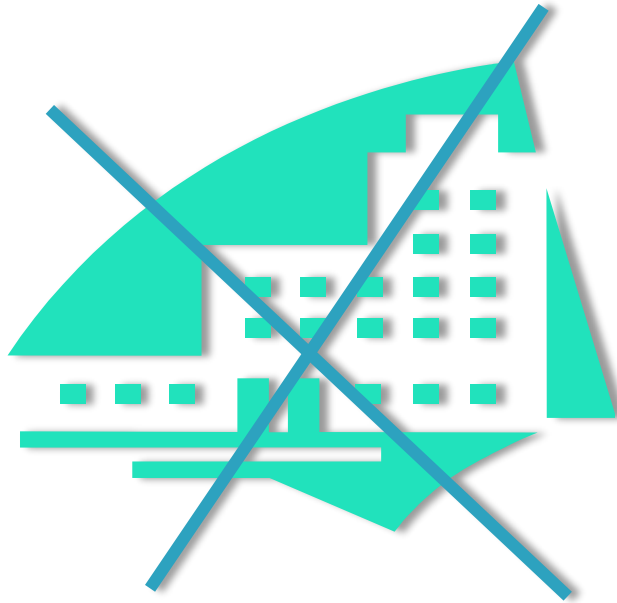
Who is Eligible?



- Eligible for Regional Center services
- At least 3 years old
- Living at home or in the community

Not eligible if...

You live at a Developmental Center or Intermediate Care Facility (ICF)



Important parts of SD

- **You and Your Team**
- **Your Budget**
- **Your Plan**
- **Your Supports and Services**

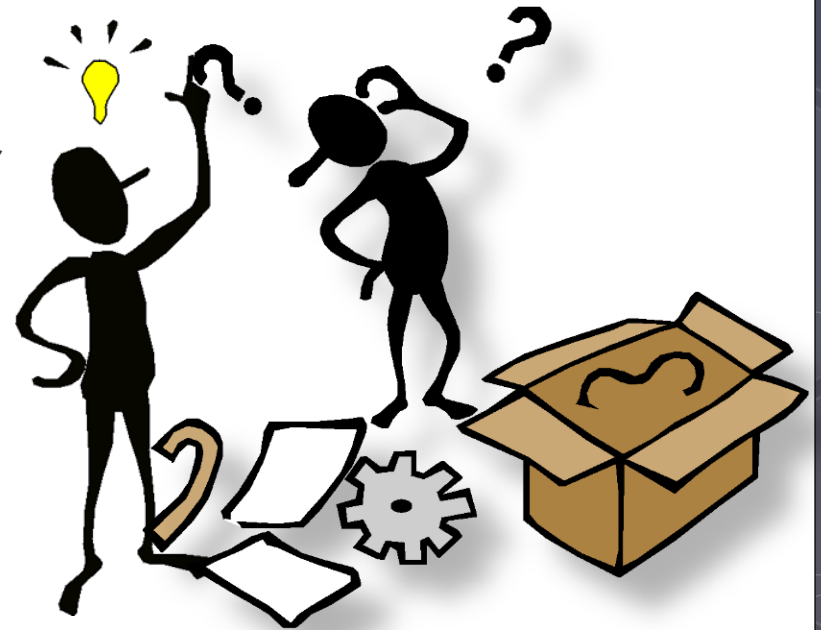
Your Team

- YOU
 - Make Decisions
 - Have Authority
 - Take Responsibility



Your Team: The Facilitator

- Helps You
 - Sort out your plan
 - Find services
- **OPTIONAL**



Your Team: Fiscal Management Service

- **REQUIRED – Vendored by RC**
- Receives the Money
- Pays bills for your plan
- Does background checks



Other Members



- Your Regional Center Service Coordinator
- Anyone else you want to help you!

Your Budget

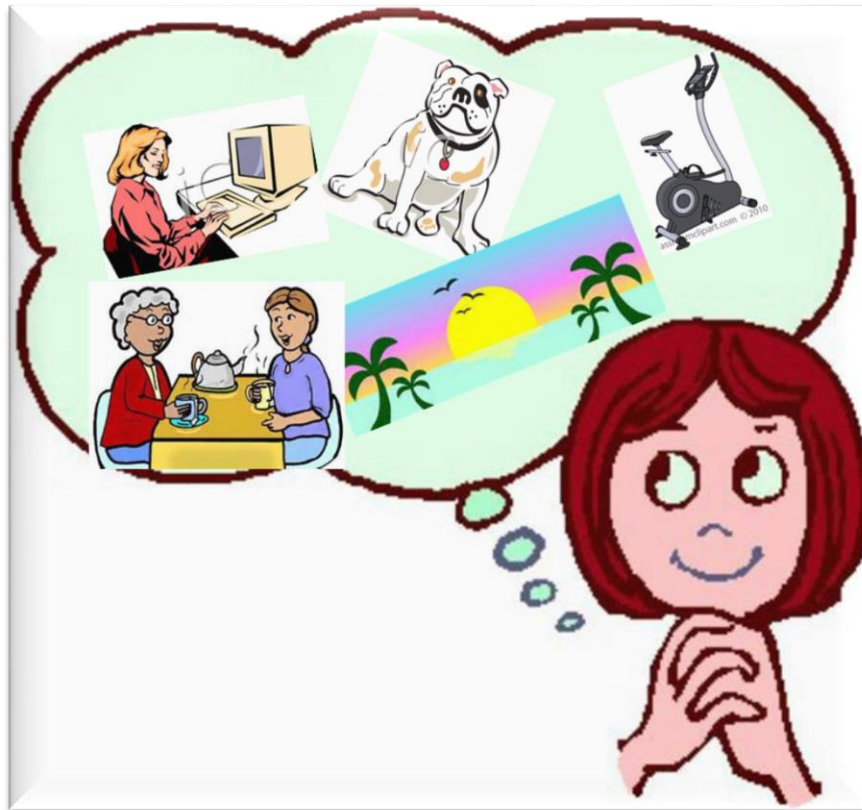
Your SD Budget

=



Spent for your
services in the **last
12 Months**

Your Plan



SHOULD INCLUDE:

- What you want
- What you need
- Hopes and dreams
- **Everything important to you**

Your Plan: Big to Small



For example...

- I want to work at a regular job
 - I need help in finding a job
 - I will hire someone to help me with:
 - Writing a resume
 - Helping me figure out a good work environment for me
 - Looking for work opportunities
 - Requesting accommodations
 - Job coaching for six months

Your Plan: Assign Money

- Assign money for each part of the plan



\$5,000 for employment



\$8,000 for supported living



\$600 for computer

Plus \$500 for FMS and Facilitator

Put your Plan into Action

- Hire Service Providers
- Purchase what you need
- Find resources



Put your Plan into Action: Get Help

- ◉ **Who can help find what you need?**
 - ◉ Facilitator
 - ◉ RC Service Coordinator
 - ◉ Family and Friends



Put your Plan into Action: Interviews



- You Interview people
- You decide who you like

Put Your Plan into Action: Background Check

- The Fiscal Manager does background checks



Put Your Plan into Action: Hire



- Agree on a contract
- Start Services!

Example: Employment

Regular Services:



Example: Employment

Self-Determination:



Example: Supported Living

Regular Services:

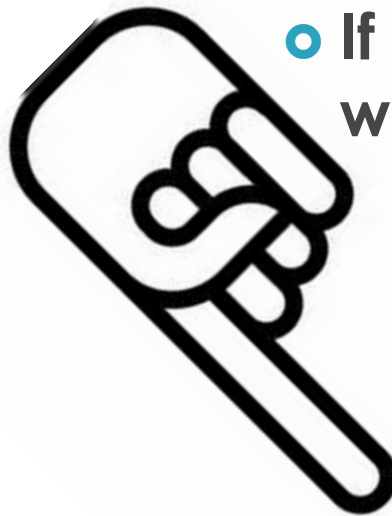


Example: Supported Living

Self-Determination:



When something goes wrong Regular Services



- If you are unhappy with your services...
- Regional Center is responsible

When something goes wrong Self-Determination



- If you are unhappy with your services...



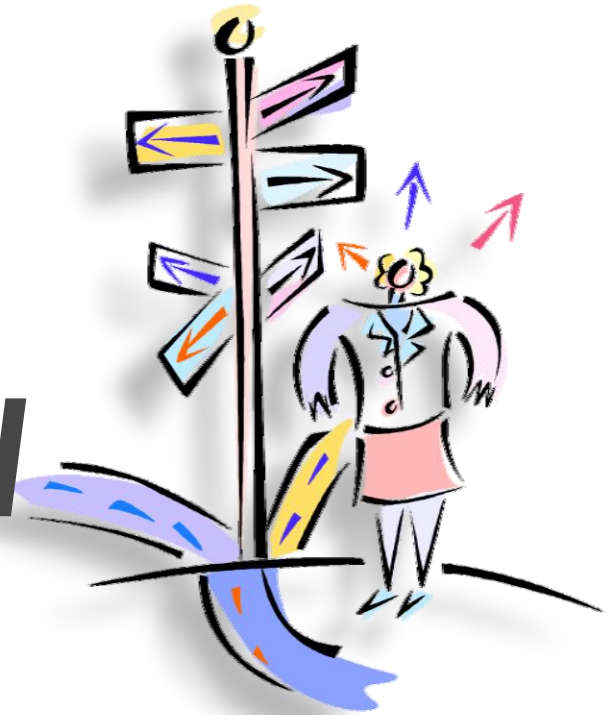
- It is up to YOU to fix it
- Ask your team to help

Is Self-Determination Right for You??

Ask yourself the next 5 questions.

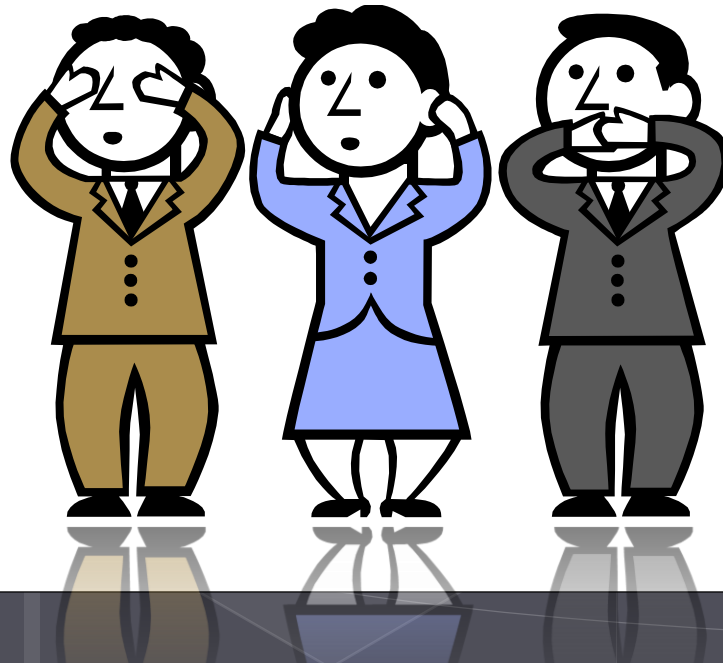
Five Questions to Ask Yourself

***1. Do you
have a
complicated
life?***



Five Questions to Ask Yourself

2. Have you had a lot of denials, conflicts with RC or fair hearings?



Five Questions to Ask Yourself

3. Have you lost services due to budget cuts and changes to the Lanterman Act?



Five Questions to Ask Yourself

4. Do you need or want unique services not typically offered by Regional Centers?



Five Questions to Ask Yourself

5. Do you want to start a business, get good work training or get a good paying job?



And Finally...

**Are you READY to take on
the RESPONSIBILITY??**



What to do now

- Think strategically
- Ask for all of the services you need now
- Go to fair hearing when denied
- Learn and share what you know

**Dear Regional
Center,
I need X,Y and Z
services.**

Yours Sincerely,

Local Advisory Committees

- One for each Regional Center
- Monitors the SD Program
- Makes recommendations
- Local SCDD offices and RC each appoint half



Common Questions

- ***Can I move money around in my budget?***

Only 10% from one category to another.

- ***What happens if I move to a different regional center?***

You can stay in SD.

Common Questions, cont'd

- ***What if I want to leave the Self-Determination Program or I become ineligible for some reason?***

You can go back to traditional services.

- ***If I leave Self-Determination by choice can I return?***

Yes but you must wait 12 months.

Common Questions, cont'd

- *What if I disagree with regional center about my eligibility or the amount of money in my budget?*

You can appeal the decision.

**Any MORE
Questions?**

Resources

- ◉ Disability Rights California:
www.disabilityrightscalifornia.org
Publication #F07701
- ◉ DDS Self-Determination Webpage:
<http://www.dds.ca.gov/SDP/Index.cfm>
- ◉ State Council on Developmental Disabilities:
www.scdd.ca.gov
- ◉ The Autism Society of Los Angeles:
www.autismla.org