

Self-Determination

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Presented to
Contra Costa County Developmental Disabilities Council
May 26, 2021

Today's presentation will cover:

- A bit of history of the Self-Determination Program (SDP) in California
- An overview of the process and key roles
- Some examples of how people are using SDP to help them meet their goals
- Next steps with the program roll-out
- Discussion and Q & A as time allows



History of Self-Determination

- Lanterman Act (1969) – Historic shift giving more power to people with intellectual and developmental disabilities (IDD). Service decisions made collaboratively with regional center. Enables broad range of community services.
- Self-Determination (2013) – Shifts decision making power to the participant. Gives greater flexibility to design services unique to the person. Regional center role is support, oversight, and administration.

The Need for Self-Determination

- Many regional center clients are underserved due to geographic, language, and cultural factors.
- Existing services do not meet many people's unique needs.
- Many people want more control over their lives.
- Many want supports to help them be a greater part of their communities, get jobs, have friends, worship, and have a more meaningful life.

Struggle for Self-Determination

- Legislature creates Self-Determination pilot programs in 1999.
- Many people who are waiting for expansion of pilots are desperate for Self-Determination.
- Legislative efforts in 2011 and 2013 driven by parent advocates and self-advocates. These efforts captivate IDD advocacy community.
- On October 9, 2013, Governor Brown signs Senate Bill 468 to make Self-Determination available statewide.
- People continue waiting during five-year federal approval process.

5 Principles of Self-Determination



FREEDOM

The right to plan your own life and make your own decisions



AUTHORITY

Have control over a budget for services



SUPPORT

Choose supports and people that help you live, work, and play



RESPONSIBILITY

Make decisions in your life and have a valued role in your community



CONFIRMATION

You are the decision maker about your life

What is Self-Determination?

Self-determination is not about getting more or less services.

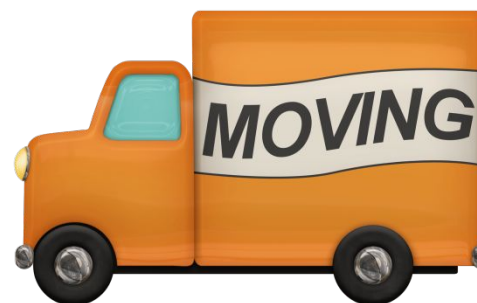
It is about **choice, control, and access.**



Budget for services and supports



Voluntary Program



Stay in the program if you move



Must live in the community

Self Determination Allows...

Choice, Control & Access

Impacting lives for the better

Service Dollars

With Self-Determination, people can spend their service dollars to buy the supports that are right for them.

Hiring Workers

They can hire their own workers, including relatives, neighbors or friends. These can be people who speak their language and know their culture.

Hiring Agencies

They can contract with an agency for services, and negotiate what to pay, what the services will be and when they receive it.

Flexibility

If a worker or agency isn't a good fit, there is flexibility to find other people or change agencies

Self-Determination Process

Orientation

- Attend 6 hour orientation on SDP

Person Centered Plan

- Choose Plan Facilitator
- Choose who you want there
- Create your goals
- Make a Plan to meet goals
- PC Plan information will go into your IPP

Spending Plan

- Budget = \$ spent over last 12 months +/- unmet need or change in circumstance
- Use budget to make plan to use \$ on supports needed to meet goals
- Use Generic Resources 1st

IPP

- Case Manager and people you choose
- Write your goals in your IPP
- Review Spending Plan - Case Manager certifies and it is attached to IPP
- Sent to FMS

FMS

- Handles the money - uses Spending Plan to pay for supports
- Paid for by your Spending Plan
- Helps with employer tasks & issues that come up
- Makes sure you don't overspend

Independent Facilitator

- You choose your IF, and determine their scope of work
- Helps implement your Plan - Finds supports and helps you get what you need
- Needs training in Person Centered Plans & Self-Determination

Key Players and Roles

PARTICIPANT

Decision Maker

INDEPENDENT FACILITATOR (optional)

Facilitates Person Centered Plan, helps navigate the program, assists with identifying community resources, services and supports, help voice the wants and needs of the participant

CIRCLE OF SUPPORT

Family and friends assist in the Person Centered Plan, IPP, and managing the program

IPP TEAM

Develops written service plan, certifies spending plan, and responds to change in circumstances

FMS (required)

Manages individual budget, makes payments, and facilitates criminal background checks

Some examples of how people are using SDP to help them meet their goals



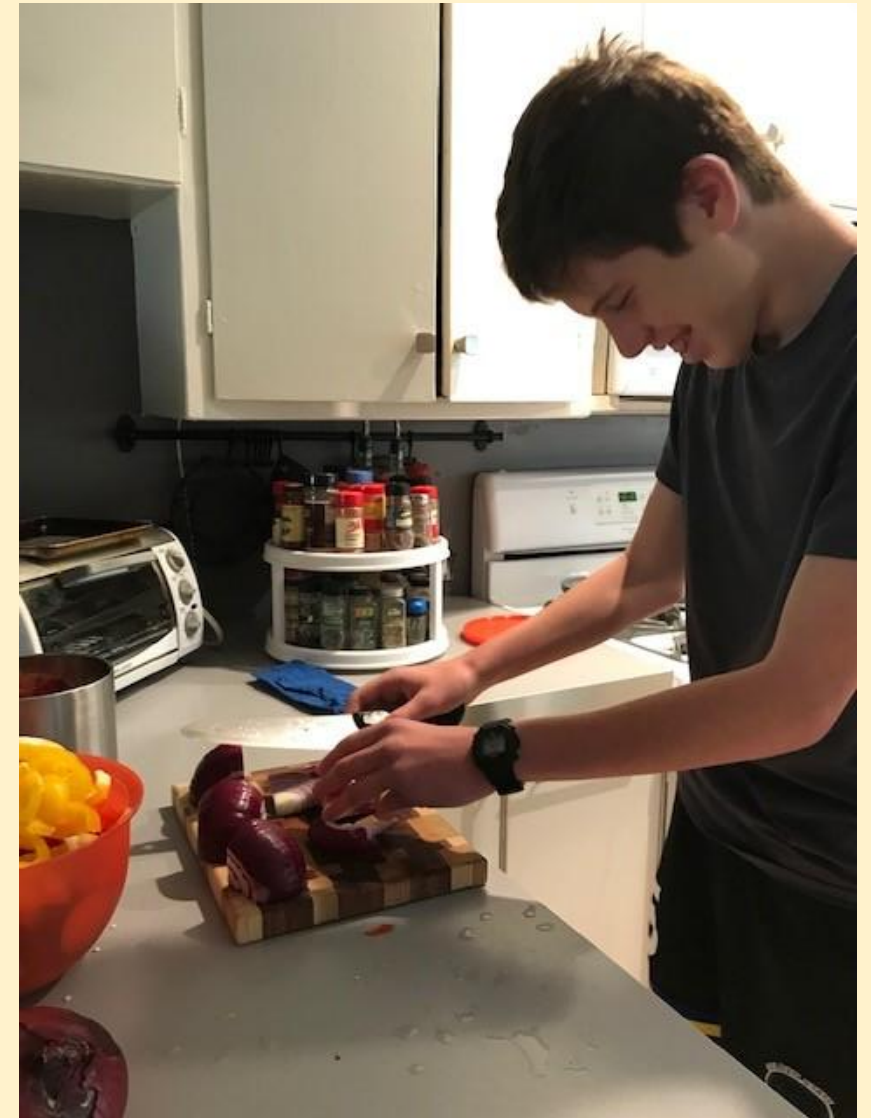
Mateo, age 16

Currently in 11th grade, on graduation track.

Goals identified in Person Centered Plan-

By 2023 (age 19):

- I am working part time doing something I enjoy
- I own my own car and pay for insurance and gas
- I initiate and plan weekly get togethers with my friends
- I make my own meals
- I manage my own money



Traditional Services

ILS- authorized for 20 hours per month

- high staff turnover, no choice in staff selection
- lackluster enthusiasm/initiation/innovation
- received 12-15 hours per month, missed hours were not made up
- difficult transition to virtual

Out of home respite (Summer Camp)- two weeks



SDP Services

1:1 teaching through private school. Elective courses:

- Life Skills
- Executive Skills
- Personal Finance
- Post Secondary Exploration

We purchase approx 10 hours per month

- taught by teachers
- established curriculum
- we don't pay for cancelled sessions
- well suited to transition to virtual

*Fewer hours, but higher
quality and better meets
our needs*

Peter, age 30

Living in an apartment with no roommates, mother lives nearby. Robust group of friends, and close family. Goals identified in Person Centered Plan:

- Earn income in the Film Industry.
- Finish script and make my movie.
- Live in my own house/home in an independent way.
- Find meaning and purpose in helping others.



Traditional Services

Vocational Program: learning film production

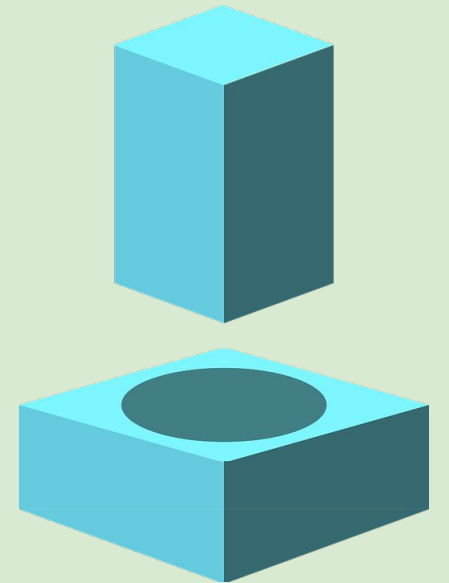
- attended three semesters
- learned a lot about various aspects of film production
- networked and made professional relationships
- “outgrew” the program, looking for next steps

ILS: budgeting, meal planning, grocery shopping, meal prep

- not a good fit with individual skills instructor
- felt a little “round peg/square hole”
- never got off the ground with a solid program working toward goals

Supported Employment

- job coaching during an internship



SDP Services

Goal: Earn income in the Film Industry.

- Purchasing one-on-one support for screenwriting

Goal: Finish script and make my movie.

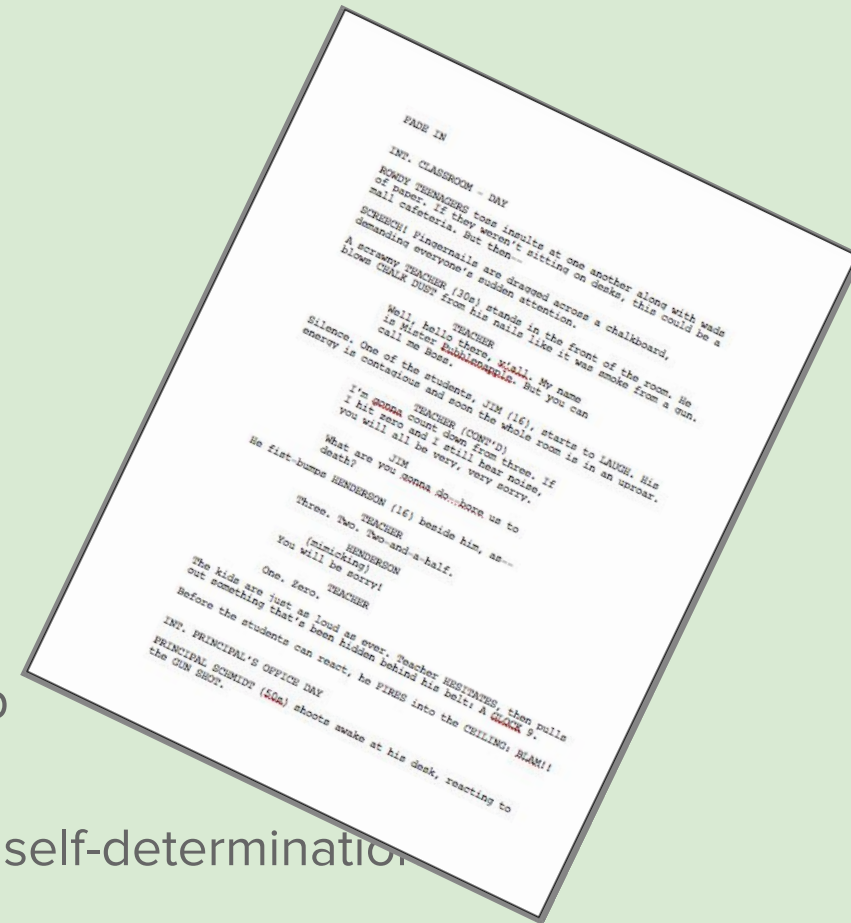
- 4th draft of script is complete!
- Pursuing production avenues with some help from one-on-one support

Goal: Live in my own house/home in an independent way.

- Circle of Support member providing budgeting help
- Purchasing one-on-one support for meal planning and prep

Goal: Find meaning and purpose in helping others.

- Becoming actively involved in local advisory committee for self-determination



Melissa, age 46

Disability advocate, writer, adventure seeker

Goals identified in PCP:

- My husband and I have moved to a new home.
- I am working consistently, doing advocacy work for families and people who are transition age (entering adulthood).
- I am providing public presentation and workshops to a broad audience, regularly throughout the year.
- I am writing for the non-disability community.
- I have identified a publisher and pitched a book idea.
- I have completed Person-Centered Planning facilitator training.



Traditional Services

- Supported Living Services
- Supported Employment
- Paid Internship Program
- Transportation to SDLAC meetings



SDP Services

I have reached the first goal I set for myself, my husband and I bought a house last summer! I'm excited that I can hire people to help me maintain a garden and do handy person and accessibility work around our house.

I'm keeping the same supported employment agency I had in traditional services, but I also plan to hire a writing coach and someone to support me with communication when I have speaking engagements. Eventually, I would like to hire a writing coach to help edit my work and identify publication opportunities.



So, how is roll out going so far?

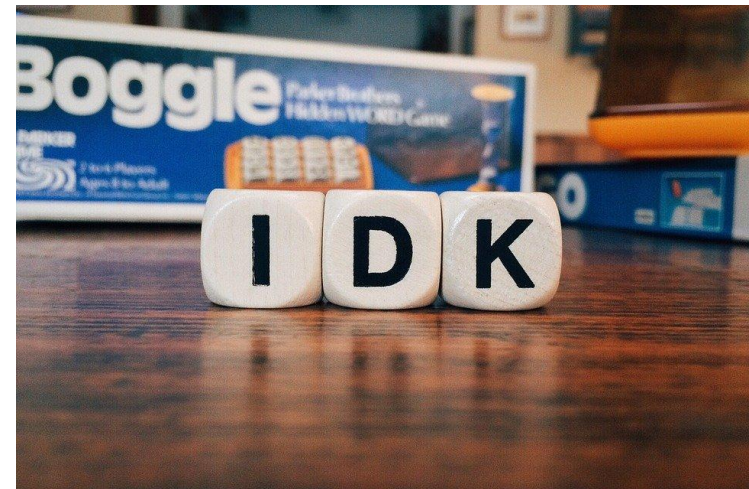
It's been a bumpy road!

- COVID
- new to everyone, hard to get all team members on the same page
- the budget process is complex
- How do we address disparities from the traditional system that carryover to SDP?



What we don't know

- Exact date will be 'open to all'. Hoping for July.
- Funding for any PCP, IF, coaching for new participants
- How will case loads adjust to account for SD clients



Questions or Discussion