



To: Eastern Los Angeles Regional Center

Local Volunteer Advisory Committee / Self Determination Funds

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STATEMENT OF NEED

Eastern Los Angeles Regional Center has a total of 14,004 consumers of this total 9,799 are Spanish-speaking, which equates to 70% of the total consumers served by ELARC

On June 7, 2021, the Self-Determination Program opens up statewide to all of California, which allows all families who have family members served by a Regional Center to have the choice to either enter into Self-determination or stay in the traditional service system.

During workshops provided to the Spanish Speaking Community NestDan has identified that the families who know the most about Self-Determination are those who have easy access to technology, leaving out a considerable number of families who do not have reliable internet access or access to a computer, which makes it hard to see the latest newsletters or announcements that are posted on Regional Center and DDS websites and social media accounts. In addition to technology being a barrier there is also a language barrier as many families are monolingual Spanish speakers who cannot read English, but many times forms are sent to them in English and are not translated into Spanish. This makes things harder for people who do not understand our system and do not have many connections in the community (people that can help them out).

Considering all the above, and since communication varies depending on point of contact, a lot of information is not accessible regarding the new Self-Determination program and any changes that can be implemented. Many low-income, undereducated Spanish-speaking families identified as having a consumer served by the Regional Centers, may not be aware of self-determination or what they can do with it given its current limitations. All families must understand their rights and be given the information they need to make an informed decision.

ORGANIZATION HISTORY

NestDan was founded in 2017 by Josefina Nieves mother of Néstor and Daniel Nieves, both have a diagnosis of Autism, and are clients of Eastern Los Angeles Regional Center.

Josefina has a long history of working with Latino families since Spanish is her first language, she worked at Fiesta Educativa, a non-profit organization for 11 years, her activities ranged from making presentations in schools and community groups, to preparing workshops that the agency had for parents. Josefina is a founder of the Integrated Community Collaborative agency and worked there for 3 years, finally she decided to return to NestDan to continue with her dreams of leaving her family established and with enough resources to live a decent life.

NestDan VISION

To develop new ways to learn with and train families that have loved ones with developmental disabilities and to address cultural, educational and linguistic barriers that contribute to purchase of service disparities.

NestDan MISSION

Connect individuals, families, service providers with regional centers through training and access to technology under the management and leadership of NestDan.

PROJECT GOAL

Train and empower Hispanic families that are part of the Eastern Los Angeles Regional Center (ELARC), so they know what the Self-Determination program has to offer, the options and benefit available to them under self-determination, also the greater responsibility of managing your own budget and knowing the different service code for self-determination. After educating a family thoroughly about self-determination, it is up to the family if they want to enter self-determination or continue with the traditional system.

PROJECT DESCRIPTION

Train and empower families in all the areas related to Self-Determination, Hispanics families with low or No knowledge of the new changes that are coming on June 7, 2021.

The families will be identified by ELARC Service Coordinators, who have shown interest in knowing and participating in the Self-Determination Program, will be directed to become part of the target group of this Training Program directed by NestDan.

The model used by NestDan to transmit knowledge to families about the Self-Determination Program is based on the experience acquired over time, taking into account the families' cultural, educational and linguistic level.

Training with families will be carried out one on one as the first option, as long as families agree to receive the training in person, taking into consideration the CDC guidelines regarding Covid-19 to avoid the spread of the virus.

The training will take place in the family's home to prevent them from having to travel from one location to another or they may choose to receive the training at NestDan offices or through online Zoom, Face-to-Face meetings.

The training will include at least the following aspects.

- ✦ Understanding the Self-Determination Program will include:*
- ✦ What is self-determination?*
- ✦ What are the principles of Self-Determination?*
 - Liberty*
 - Authority*
 - Support for*
 - Responsibility*
 - Confirmation*
- ✦ How does the Self-Determination Program work?*
- ✦ What is the Person Centered Plan (PCP) within Self-Determination?*
- ✦ How to identify client needs, goals, and services or supports within the PCP?*
- ✦ How does the Spending Plan (Personalized Budget) work in the Self-Determination Program?*
- ✦ What is the difference between Individual Budget versus Spending Plan?*
- ✦ What is the difference between the Traditional Regional Center System and the Self-Determination Program?*
- ✦ What is the Independent Facilitator and what is their role within Self-Determination?*
- ✦ What is FMS and what are the FMS models to choose and what are the costs of FMS?*
- ✦ How does the FMS work within Self-Determination (Financial Management Service)?*
- ✦ Go LIVE !! When approved and signed by the family and the regional center, the Expenditure Plan and the FMS agency already has in its possession the documents signed by both parties. All these concepts will be explained in detail to families.*
- ✦ An evaluation will be provided to the family to measure the actual level of knowledge at the end of the presentation.*

BUDGET

FAMILIIES	TIME FRAME	PRICE OF THE SERVICE	TOTAL
Part 1	Fiscal Year 2021-2022	✚ Part 1: family will be \$250 dollars. Educate and Empower the Family	Part 1:\$250.00
Part 2	FY 2021-2022	✚ Part 2: connect with an IF and One Page Profile.	Part 2:\$250.00

BUDGET NARRATIVE

TIME FRAME OF THE ENTIRE PROCESS

PART ONE =\$250.00

REFERAL FROM THE REGIONAL CENTER= 20 min / 30 min

INICIAL PHONE CALL:

- *Introduce myself*
- *Introduce NestDan*
- *Explain the program*
- *Set a day that is good for the family and myself*

BUY FOLDERS, PAPER AND INK =?

BEFORE MEETING THE FAMILY = 30 min

- ✓ *Make the copies of the Power Point, IF list FMS list*
- ✓ *Fix up the folder/binder*

FRIENDLY REMINDER OF THE MEETING AND ASK HOW MANY PEOPLE WILL PARTICIPATE, SO I CAN HAVE COPIES OF THE POWER POINT FOR EVERYONE =10 min

DAY OF THE MEETING

- ✓ *Drive to the family's home = 30 min/1 hour*

- ✓ Set the projector/computer = 15 min
- ✓ Start the introductions of myself/ NestDan /Family and Consumer=10 min
- ✓ Evaluation to check the level of knowledge about Self Determination.=15 min
- ✓ Start the Power Point presentation =2 hours
- ✓ The presentation will always be Interactive, which means the family can always ask if anything is not clear or to clarify a point.
- ✓ Explain the roll of the FMS=30 min
- ✓ Explain the roll of the IF = 30 min
- ✓ Evaluation at the end to make sure they understand SD and if any more questions I will answer= 20 min
- ✓ Pick up the projector =10 min
- ✓ Drive back to the office. 30 min / 1 hour

**FAMILY WILL DECIDE IF THE WILL ENTER SELF DETERMINATION
PART TWO =\$250.00**

FIND AN INDEPENDENT FACILITATOR (IF)FOR THE FAMILY

- ❖ **Research to find an IF that will take a family**
- ❖ **Introduce the IF and the Family**
- ❖ **Family will let me know how they feel with this IF, if not a match: find another IF.**

ONE PAGE PROFILE =

- ❖ Will include but not limited to
- ❖ Name and Date
- ❖ What is important to me
- ❖ What makes me happy
- ❖ What people like and admire about me
- ❖ Health
- ❖ Dreams
- ❖ What am I good at
- ❖ How I want to be supported.
- ❖ Ask for a picture of the consumer
- ❖ TRANSLATE THE ONE PAGE PROFILE
- ❖ SEND THEM /TAKE THEM BOTH TO THE FAMILY
- ❖ END OF PART 1

Josefina Nieves will do all the work with the families at ELARC

Nestor Nieves will be in charge of sending the invoices to ELARC

Josefina Nieves will NOT work as an IF in this project.

CONCLUSION

The Local Volunteer Advisory Committee received money to decide the best way to spend it based on a proposal with results that are visual, measurable and palpable. NestDan is proposing to work with Spanish speaking families that are in need of valuable and clear information about Self-Determination.

Families that are not receiving information on Self Determination because they do not know how to use technology or do not have time to do the appropriate research on DDS or Regional Center webpages, will be in a great disadvantage resulting in disparities growing even wider.

Based on the resilience observed during the interactions with families; NestDan is committed to guiding families in a personalized way in this time of the pandemic.

People gain knowledge and experience while attending NestDan workshops and meetings, where we are able to identify where our consumers need the most help and also they can be part of this process, establishing goals to address and reduce barriers and make sure they have the same opportunities as families with better access to technology and to be able to access information during workshops and/or Zoom meetings they are able to attend.

We will measure their knowledge on Self-Determination before and after a meeting or workshop and we will also ask if an identified barrier has been addressed and taken care of or is at least less of a problem.

The global population of this proposal comprises a number of 100 low-income families, whom from the comfort of their home if they prefer, can learn and access the information about self-determination, providing many different options such as the use of zoom or face time.

Any funds NestDan receives will be transparent and be use in the execution of this proposal.

Thank you.

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