



## **SELF DETERMINATION FACT SHEET**

### **WHAT IS SELF-DETERMINATION?**

It is a way to choose the services and supports that help you have the kind of life you want. It is different from the traditional way of providing services because it offers you more freedom and control over how services are provided. 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. You qualify if you are a regional center client over 3 years old. Self-Determination is completely voluntary.

### **HOW DOES IT WORK?**

First, you develop a person centered plan. Then you work with your Service Coordinator to determine how much money will be included in your budget (Individual Budget). Next, you decide how you want to spend the money (Spending Plan) and work with your team to find providers for your services and supports.

### **WHO CAN HELP ME WITH SELF-DETERMINATION?**

You get to choose your team. The people who help you like friends and family can be part of your team. You can even hire an Independent Facilitator (IF) to help you identify your needs, develop your person-centered plan, find services and be your advocate. Let the individual freedom begin!

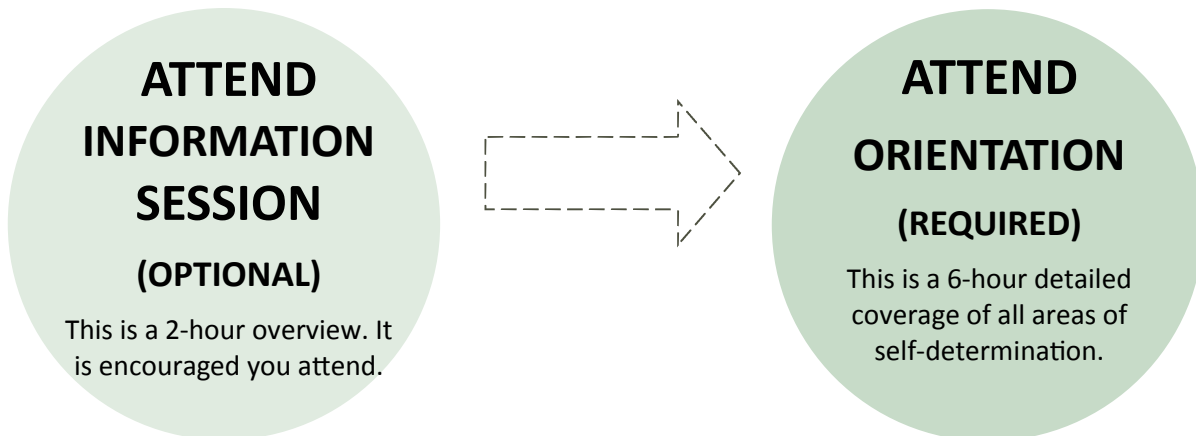
### **WHAT KIND OF SERVICES CAN I GET?**

You can choose to buy services from a person, business or provider agency that will help you meet your goals. It is your choice! With your individual budget you could choose to buy some or all of your current services, or you could choose to buy something different.

### **HOW CAN I BUY SERVICES?**

The money to purchase services will come from a set budget. Your budget is determined by how much the regional center paid for your services in the last year. If your needs change, the budget can change. The money in your budget will be managed through a Fiscal Management Service (FMS). The FMS will help you pay your bills for services purchased and can hire and manage your workers.

### **WHAT ARE THE NEXT STEPS?**



Please check our website for dates and times on information sessions and orientations:

<https://www.elarc.org/consumers-families/self-determination>

Additional information can also be found on the Department of Developmental Services Self-Determination web page: [www.dds.ca.gov/sdp](http://www.dds.ca.gov/sdp)