



ELARC U: A Learning Community
The Learning Marketplace

INDEPENDENT FACILITATOR

&

PERSON - CENTERED PLANNER

MEET &

GREET

PERSON-CENTERED PLANNING (PCP)/ INDEPENDENT FACILITATOR (IF) MEET AND GREET!

June 28, 2021

- All participants are muted upon entry; we will give people the ability to unmute themselves at specific points in the presentation in order to ask questions.
- You may also enter questions in the chat box; this will be monitored by ELARC staff throughout the presentation. Questions will be answered at the end of each presentation.
- For specific case management concerns, please contact your Service Coordinator.
- The presentation will be posted on our self determination webpage.



Person-Centered Planning

Liz Rodgers, Autism Specialist/Certified Person Centered Thinking Mentor Trainer, ELARC

PLANNING

PERSON-CENTERED PLANNING AND SELF-DETERMINATION



Keeping you at the center of planning, through the person-centered process **YOU** will:

1

Identify your hopes and dreams.

2

Identify what you like and what you're good at.

3

Identify and set meaningful goals for your life.

4

Choose who will provide services and supports to help you meet your

What is a Person Centered Plan

- A person centered plan is about who the person is aside from labels (diagnosis, disability or other label that speaks to limitations).
- It describes the vision, dreams and goals one has for their life, or the desire to explore possibilities and develop a vision for their life.
- It enables the important people in one's life, to have a shared understanding of who the person is and what they want their life to look like.
- A person Centered Plan enables a person to be seen for who they really are; as they define it.



How do we learn about the person

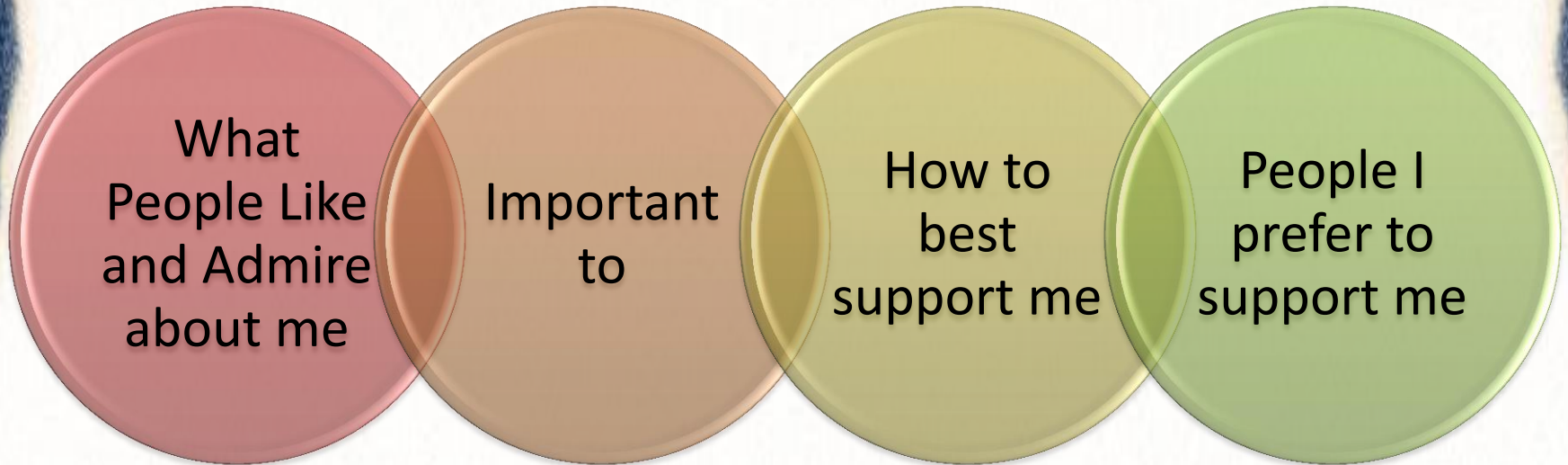
- Listening through what someone says and does
- Being present and not distracted or rushed
- Making sure that what they shared is understood and written down accurately in their plan.

A person centered plan is a “living document” that needs to be revisited regularly. As people change and evolve, so do their dreams and goals, and so do their plans.

Why does a person-centered plan matter?

- The way that we see ourselves and how the world sees us, can impact the quality of our life and our daily experiences and accomplishments.
- If someone is to really support you, they need to support you from a place of possibilities not limitations
- A person centered plan matters because we matter, and we should be able to define what we want in our life
- We all have gifts and talents to share with others. A person centered plan describes what those contributions are as well as the potential ways to contribute.

4 foundational elements of a person-centered plan



What people like and admire about me....

- What are my gifts and talents?
- What positive things do I and the important people in my life say about me ?



designed by freepik.com

What is Important to me?



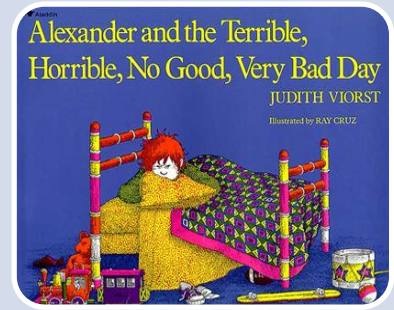
What makes me feel happy, content, fulfilled, safe, comforted.....?



What makes me smile ... laugh....?



“When I have a really good day, its usually because _____ happened or I was with _____.”



When I have a bad day it's because _____ happened instead of _____”?

How to best support me?

What type of support do you need to make the things that are important to you happen?

In order to have a good day what support/help do you need?



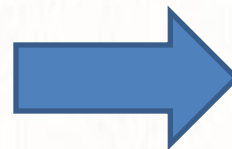
People I prefer to support me

- What personality characteristics/traits do you like in the people who support you?
- What personality characteristics/traits do you not like in the people who support you
- What interests/hobbies would be nice for the person who supports you to have in common with you?



PLANNING

INDIVIDUAL PROGRAM PLAN (IPP) AND SELF-DETERMINATION



Thank you

Liz Rodgers

Autism Specialist/ Certified PCT Mentor Trainer

lrodgers@elarc.org

Independent Facilitator

Brendali Maldonado

Information & Training Specialist, ELARC

INDEPENDENT FACILITATOR

Independent Facilitator Role and Responsibility

Who is an independent facilitator?

A person who can help you implement the program

They **CAN** help you:

- Make informed decisions regarding your individual budget;
- Locate, access and coordinate the services and supports in your IPP;
- Identify your needs and finding options to meet those needs;
- By leading, participating in and/or advocating on your behalf during the person-centered planning process and when you develop your IPP.

WHAT DO YOU **NEED**?

- Do you need help accessing your community or neighborhood?
- Do you need different people to do different things?
- Do you want help with person-center planning?
- Help with advocacy?
- Help in accessing public benefits?

INDEPENDENT FACILITATOR

*Choosing the Right Independent Facilitator

Think about what **you** need...

WHAT DO YOU **WANT**?

- Someone who is very organized?
- Someone who listens to you and respects you?
- Do you want someone who really understands your family?
- Someone who understands your culture/ your language?

They **MUST**:

- Receive training
- NOT provide any other service to you

They **CAN**:

- Be paid from your spending plan, if hired
- Be a service coordinator*
- Be family members*

Possible Questions for Independent Facilitators

1. How much do you know about California's Self-Determination Program?
2. What experience have you had as an Independent Facilitator?
3. Have you had any training to be an Independent Facilitator?
4. Have you ever facilitated a person-centered plan?
 - How many?
 - What is your style?
 - How do you prepare?
5. How well do you know my community?
 - Are you aware of activities in my area that I might be interested in?
6. How would you go about helping me to find services to help me meet my goals?
7. How will you help me figure out my budget?
8. Can you advocate for me at my IPP?
 - At my IEP?
 - To get benefits, such as SSI or IHSS?
9. Do you also help manage workers?
 - How do you do that?
 - How would you help me if I am unhappy with the job that one of my workers is doing?
10. How will you keep in touch with other members of my support team?
11. I have certain things that are really important to me, like _____. Are you willing to adapt your services to meet my specific needs and preferences?
12. Are you willing to negotiate a price based on my specific needs?
13. Given what you know about what I need, how much would you charge?
14. When are you available to start?

HOW TO FIND AND SELECT A PCP OR IF?

- When choosing a PCP or IF, you may want to interview several, and ask them questions
- You are not required to use an IF or PC planner from the following list of presenters. You may search for another appropriate Person-Centered Planner or Independent Facilitator.
- Make sure to verify qualifications, that they will meet your needs.
- Do you need it to be someone you trust, like someone recommended to you by a family member, friend, or someone else?
- You will want to think about what is important *to* you (what makes you happy) and what is important *for* you (what keeps you healthy and safe) and find a balance between them when selecting a PCP and IF.

HOW TO FIND AND SELECT A PCP OR IF?

- Do they know about California's SDP? You want to make sure they understand the principles of SDP
- Do you need someone who speaks your language and/or understands your specific cultural background
- Is it important to you that the person not speak for you
- What experience have they had with PCP/IF
- Have they had training to be a PCP/IF and to what extent

Keep these questions in mind as you hear from the following IFs/PCPs.

Please note that this Meet & Greet event is a platform provided to the IFs/PCPs to share their information with you, it is not intended to reflect an endorsement or support of any IF/PCP by the Eastern Los Angeles Regional Center (ELARC).

PERSON-CENTERED PLANNER/
INDEPENDENT FACILITATOR
“MEET AND GREET”

June 28, 2021

Danielle Alvarado
Special Needs Advocacy
(562) 805-7820

Det4kds@aol.com

www.DanielleAlvarado.org

Melissa Amster (Meira)

Amster Law Firm

(213) 444-6028

melissa@amsterlawfirm.com

www.amsterlawfirm.com



Independent Facilitation for the Self Determination Program

Melissa (Meira) Amster, Esq.

www.amsterlawfirm.com



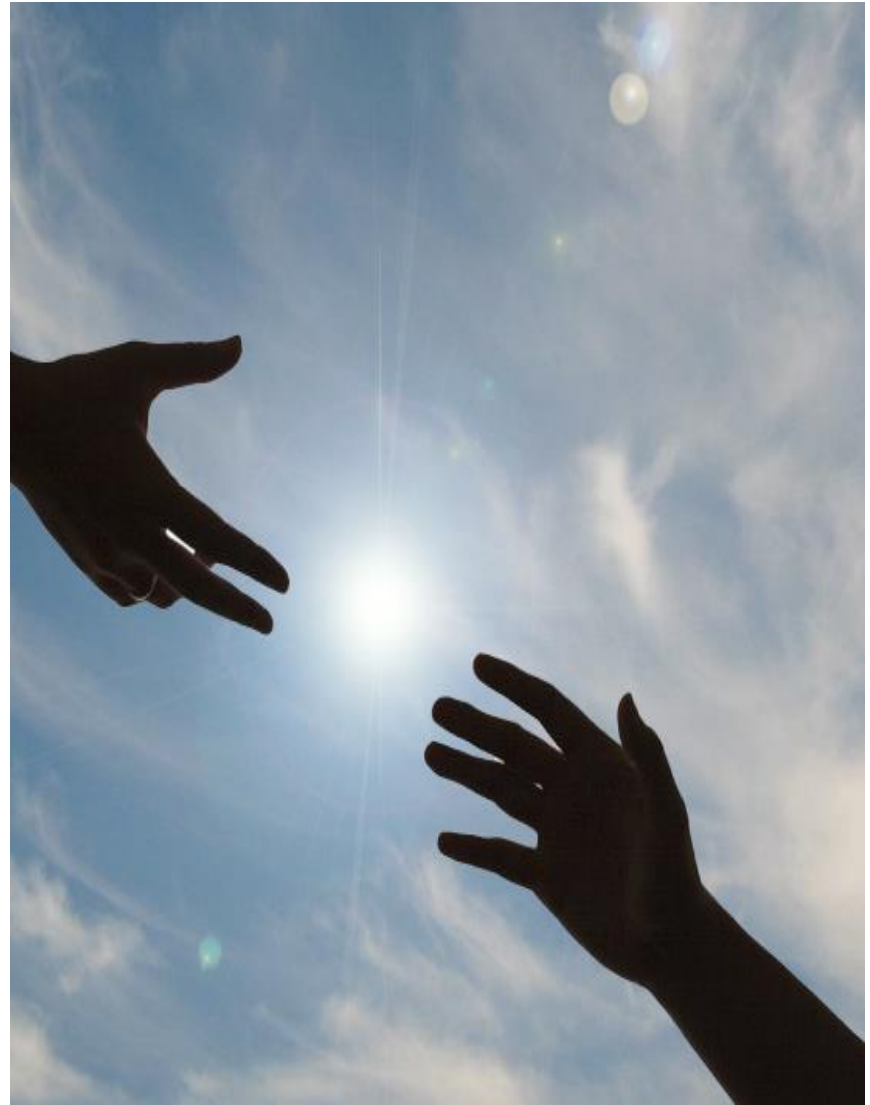


Amster Law Firm Services

- Create a **Person-Centered Plan (PCP)**- including a pre-planning meeting, the planning meeting, and drafting the plan
- Attend IPP meeting including advocating during the development of the IPP and Budget
- Negotiate Budget
- Select FMS
- Create Spending Plan
- Attend Regional Center Fair Hearings
- Advocacy in the areas of special education and IHSS

How We Can Help

- Making informed decisions about the budget
- Locating, accessing, and coordinating services and supports
- Identifying immediate and long-term needs
- Developing options to meet those needs
- Leading, participating, or advocating on behalf of the participant in the person-centered planning process and development of the IPP
- Obtaining identified services and supports
- Advocate in other areas such as special education or IHSS



**Linda Andron-Ostrow and
Helen Reese**

(310) 963-2779 (Linda)

(310) 892-8726 (Helen)

lindaandron12@me.com

helenwreese@protonmail.com

Person-Centered Planning with Linda and Helen

We bring out your strengths, hopes, wants, and needs!



Linda Andron-Ostrow, LCSW
(310) 963-2779
linda@andronlcsw.com



Helen Reese, MS
(310) 892-8726
helenwreese@protonmail.com

- We take you through each step of SDP from PCP to implementation.
- Linda has over 50 years experience in the developmental disabilities field and helps you identify the right supports.
- Helen has a 13-year-old in SDP and guides you through budgets and spending plans.
- We work with a team that includes a self-advocate and several SDP parents.

Melissa Ardon
(310) 654-2750

melissalifeprotection@gmail.com

www.MelissaArdon.com

Melissa Ardon

WWW.MELISSAARDON.COM

SELF DETERMINATION

Person Center Planning

PERSONALIZED FOR YOUR NEEDS

Hablo Espanol



Create a plan that fulfills needs & desires for a happy life

Committed to the Process from Beginning to Funding and implementation

• Melissa is an experienced Life and Transformational Coach which is helpful when creating Life Changes. Communication is Key and Melissa is accessible to answer questions and solve problems.

• Melissa's Background in Teaching and Health Coaching, brings a perspective about services that will support the whole Child/Whole Person from Physical Resources to Health and Inner Peace and happiness.

Melissa Ardon

WWW.MELISSAARDON.COM

The steps Melissa takes to creating the PCP are similar to all the other providers.

Melissa is committed to seeing you complete and get funding for the PCP.



What is the
Self Determination
Program?

STEPS

- Initial Interview-15-30 minutes
- PCP Preplanning Meeting with Key people such as guardian to discuss goals and set up time for Planning meeting.
- Evaluate Budget and exhaust generic resources
- Meet with family members, therapists, care givers, etc
- Have Planning meeting with guests.
- Melissa creates PCP
- Parent/Client approves PCP
- Request a meeting to present PCP
- Present PCP and get it approved
- Make any revisions requested by Regional Center.
- Begin process for FMS or any other vendors

- **Any type of coaching needed to complete the plan.**
- **Guaranteed Completion and Approval**

Melissa Ardon: Living Your Dreams HOME HEALTH HAPPIER SELF DETERMINATION CONTACT

What is Self Determination




Melissa Ardon: Living Your Dreams HOME HEALTH HAPPIER SELF DETERMINATION CONTACT



The Self Determination is a program in the state of California for people with disabilities and within the Regional Center to create a personalized plan for how resources will be dispensed based on the individual's needs, plans, and dreams. If you have a son or daughter who have been selected for this plan, Melissa can help you create a plan.

Melissa Ardon: Living Your Dreams HOME HEALTH HAPPIER SELF DETERMINATION CONTACT



Let's Get Started
 We want to assist you in reaching your Health and Wealth Goals which will bring you Happiness
 Contact us: (310)654-2750

Fields required

NAME *
 FIRST LAST

EMAIL *

COMMENT *

Submit

Melissa Ardon: Living Your Dreams HOME HEALTH HAPPIER SELF DETERMINATION CONTACT



The Self Determination is a program in the state of California for people with disabilities and within the Regional Center to create a personalized plan for how resources will be dispensed based on the individual's needs, plans, and dreams. If you have a son or daughter who have been selected for this plan, Melissa can help you create a plan.

Follow are the steps for creating the Personal Care Plan (PCC)
 Meet with the family for a pre-planning meeting.
 Have a formal planning meeting with people from the community.
 Melissa reviews the plan and presents it to the family before submitting it to the Regional Center.

Some of the steps in creating a plan is conducting a list of interests. It is time to reach out to people in the community who either have a child with disability or not if they know any relatives of services. By connecting with other people, family members discuss what an individual would receive services, with others receive it to be a support.

Next call the service providers and request a meeting or tour of their facility with your child to see if the environment is suitable for your child, select the services in a program for people with disabilities.

The program plans are for people to have Freedom, Inclusion, Support, Responsibility, and Confirmation. There are 4,200 people who have been selected for the Personal Care Planning.

Melissa completed the Independent Facilitator Training and is able to create Personal Care Plans.

Work with Melissa

Call Melissa to schedule an initial meeting to see if she can write a Personal Care Plan for your child. Her expertise is working with people with Disability, Autism, Learning Policy, Foster Services, ADHD/ADD.

Octavia Askew

Excellence Community Rehabilitation Program

(424) 789-0439

excellencecrp@gmail.com

www.excellencecrp.com

EXCELLENCE COMMUNITY REHABILITATION PROGRAM SELF DETERMINATION PRESENTATION

PRESENTER: OCTAVIA ASKEW

EMAIL: EXCELLENCECRP@GMAIL.COM

VENDOR #PX1256

SERVICE CODE: 055

SUBCODE: CIE/PIP

PURPOSE

- The purpose of ECRP is to provide self-determination support, employment support, self-advocacy, self-care, and community integration services for people with intellectual and developmental disabilities. Self-determination support for individuals who want to purchase their own services so they can carry out their PCP and IPP. ECRP's employment services include pre-employment training, job search training, employment workshops, internships, and employment support. Self-advocacy training serves to help clients learn about knowledge of self, their rights, effective communication, and leadership abilities. Self-care training concentrates on teaching clients on being attentive to their day-to-day feelings, how to make careful decisions about lifestyle choices, and how to responsibly maintain one's health. Community-based, ECRP seeks to help participants integrate into the community and acquire a skill set that is needed for the workforce and the responsibilities of life.

SERVICES

Self Determination Program

- Gives individuals with disabilities freedom, confirmation, support, authority, and responsibility to choose the services that help them meet their goals and be fully included within their communities.

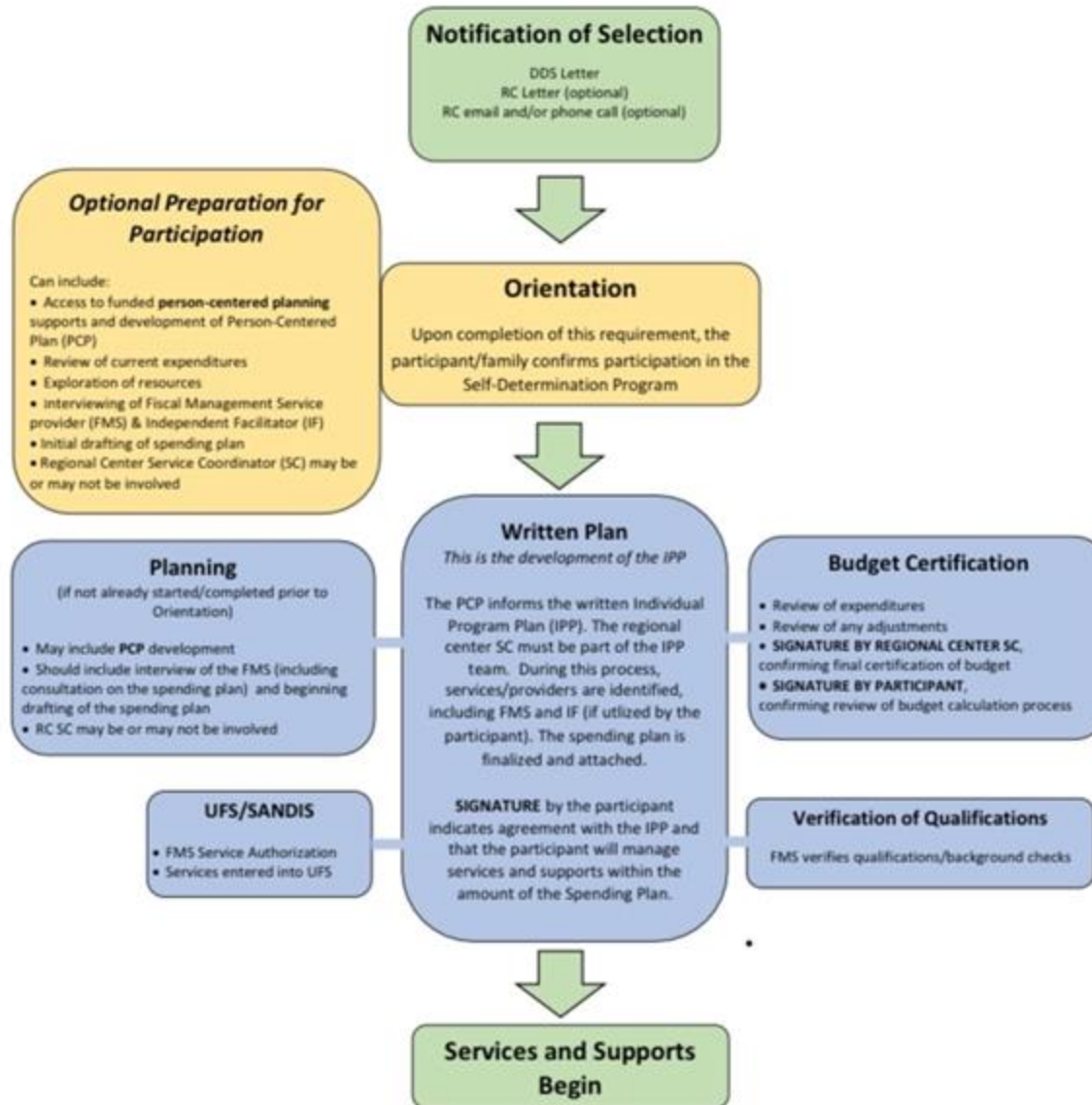
Personal Centered Planning

- Is an ongoing process to assist individuals with disabilities as they plan for their future to include support from advocates who have a common understanding of what the individual wants and needs. As the individual shares their visions for their future, brainstorming is used to identify strategies and steps to implement the vision.

Independent Facilitation

- Assist individuals with making informed decisions regarding their budget, locating and accessing services that are consistent with the individuals program plan, and advocating for the individual during the person-centered planning process and development of the IPP.

Self-Determination Program Flow Chart



SERVICES

Community Integration Training (CIT)

- Community-based, ECRP seeks to help participants integrate into the community and acquire a skill set that is needed for the workforce and the responsibilities of life.

Paid Internship Program (PIP)

- The goal is for the internship to increase the participants interests in future paid employment, acquire work experience, and have the opportunity for the internship to lead to full-time or part-time employment at the same company.

Community Integration Employment (CIE)

- The purpose of including CIE is to support individuals with intellectual and developmental disabilities (IDD) find competitive employment. Helping the participant acquire vocational skills and providing services that are aligned with the participants individual program plan (IPP).

Diane Bernstein
(818) 943-8159
desianer@gmail.com



DIANE BERNSTEIN

I FIND THE RIGHT RESOURCES TO SUPPORT YOUR PERSON-CENTERED NEEDS, AND SELF- DETERMINATION PLAN

With over 20 years' experience as a mom-advocate, art teacher, disabilities & general financial educator, and consultant, the breadth of my personal and professional best generic and specialty resources to be found in the Greater Los Angeles area.

I provide individual, Person-Centered consultation, planning, and facilitation to help Persons Served find and determine the best resources for individual plans. Self-Determination is the core philosophy in all aspects of my services.

PHONE: 818-943-8159

EMAIL: desianer@gmail.com

FACEBOOK:

<https://www.facebook.com/diane.bernstein>

My Experience Includes:

- LAUSD Division of Special Education Community Advisory Board, Parent Trainer; Resource Faire Organizer
- Parent Advocate; Developed Weinfeld Education Group Advocacy Agency
- Financial Resource Educator for Special Needs Families; Lifetime Planning
- All Abilities Art Coach for Underserved Communities
- Workforce Developer and Job Coach for Tierra del Sol Foundation; Regional Center Vendor
- Independent Facilitator Trainings; 2015-present Autism Society of Los Angeles & State Council on Developmental Disabilities. San Fernando Valley Ambassador for Disability Voices United
- Volunteer on Self Determination Advisory Committee meetings North Los Angeles County Regional Center, Lanterman & Westside Regional Centers. Member Autism Society of Los Angeles
- Mom to differently abled young adult engaged with Mapping Transitions; author/activist, Keri Bowers, my son's Person-Centered Plan Coordinator.
- Long-standing relationship with various Regional Center policies

DO YOU KNOW WHAT SELF-DETERMINATION IS?

July 1st 2021, all 21 Regional Center's in the State of California will include Self-Determination Options for all.

Elizabeth Cuevas
Education Spectrum
(626) 354-8685

Elizabethcuevas@gmail.com
cuevasmom@mac.com

**Maria Emperatriz
SOS ParaLegal, LLC
(949) 326-6612**

Maria@sosparalegal.com

info@sosparalegal.com

www.sosparalegal.com

INDEPENDENT FACILITATOR



Our Mission Statement is... to train you, the consumer or parents/guardians, to become independent facilitators of your own program. The main idea is to learn how to find the right services, track progress, its effectiveness, make necessary changes, and control your own program and budget. Therefore, we will be putting the power in your hands to decide and eventually divert the independent facilitator's funds through more needed services and support programs for yourself, the consumer.

What is an Independent Facilitator?

He or she is part of the Person-Centered Planning process. It puts you in control of your support and services. In Independent facilitator coordinates the planning process and assures that the plan is clear to all participants.

What do they do?

- Help you to identify your dreams/goals.
- Help you in arranging your meetings.
- Keeps meetings focused on you and that you are heard and understood.
- Has knowledge of a variety of support and resources.

An Independent Facilitator will not:

- Decide what will be paid for.
- Authorize your services and supports.
- Benefit from the outcomes of your plan.

When you chosen us:

- We will contact you to set up the pre-planning meeting.
- We will be prepare to identify what you want for your meeting (who, when, where, etc.), because you will be asked.

We will follow up with you to determine:

- If your plan was completed.
- How things are going.
- If additional meetings are necessary.

We are serving the following Regional Centers:

Eastern Los Angeles Regional Center
Frank D. Lanterman Regional Center
Harbor Regional Center
North Los Angeles Regional Center
Regional Center of Orange County
San Diego Regional Center
Westside Regional Center

We listen. We investigate. We resolve. We Success

Fees: **PCP**- flat rate **IF**- \$67 an hour (minimum 6 hours a month)

Email: info@sosparalegal.com
14271 Jeffrey Road, Suite 436, Irvine, CA 92620
Phone: (949) 326-6612 **30-minutes FREE consultation**

Visit our **Websites** for more services

<https://sosparalegal.com/>

<https://yodominomi-iep.com/>

Peter Ferrer and
Kim Schreiber
NeuroNav PBC

peter.ferrer@neuronav.org

kim@neuronav.org



NeuroNav

Person-Centered Planning and Independent Facilitation Services

What services do we offer?



We're here to partner with you to build a self-determination oriented plan for you or your loved one, in a seamless, frictionless way.

1

Person-Centered Planning

Over a period of 6-8 weeks, we consult with you to determine who should be a part of your planning process, considering your budget and needs, while handling all logistics and pricing. We will work together to create a tailored spending plan. This is a package service that has a flat rate of \$2500.

2

Independent Facilitation

This is more of our “pay-as-you-go” offering, where you are in the driver's seat. where we grant you access to our 10K+ providers in our database and partner you with one of our Navigators to set you on a path that works for you and your loved one. We'll also work with you to hire any staff or providers to help you get started.

3

Custom Plan Building

Not sure where you land or what next steps to take? Or perhaps not ready to commit to a full Person Centered Plan just yet? We're here to help build a custom plan for you.



The Process: Entering Self-Determination



We do the work for you



Guide you through the process



Experts with lived experience



Database of 10K+ service providers

English & Spanish Speakers

Adults & Transition Age Youth

We are here to help you navigate this process. We realize how complicated creating a plan for a loved one can be, that's why we have a team of experts dedicated to creating an ideal, customized future plan for you and your family.



How do I get started?

It's an intimidating process, we know. We want to make this as easy for you as possible, so here are three simple steps to getting starting with us.

1

Schedule a 1-1 Consultation

To begin the process, we'll schedule a 30-45 minute consultation with you to better understand you and your family's specific needs. This will help us build a customized proposal that we will show you in a later meeting.

2

Review Proposal

Our team of experts will draw up a proposal for you and your family to give you a clear idea of what to expect from a NeuroNav partnership. We'll review this live in a 1 hour meeting, and align on next steps together.

3

Start Building Your Plan

Once we determine the proposal meets your needs, we'll begin discussing payment options and timeline to roll out the program together.





Wiley's 1-Page Profile

About me

- I am a 35-year-old woman, who lives in my own subsidized apartment with Independent Living supports. I would like to transition from my community based day program into working in a supported employment group setting, doing Janitorial work.

Important to me

- My friends, making time to see them, and making new friends
- Theater! I love to act and be the center of attention. 🐼🌈
- Everything stays in its place. I like my things to be organized, and for them to be where I left them when I come back from being away.
- Be able to get around on my own.

Important for me

- Use "How about we try..." instead of "No." I get frustrated when I feel like I'm not being treated like an adult.
- I sometimes need gentle reminders not to get too close when I'm talking to people.
- I need time to transition from one activity to the next, especially if it's something I love to do.

In the next 5 years, I am hoping to:

- With some actual work experience, be able to get a job at maybe, the local Target, Home Depot or Costco, as they are located within walking distance of her apartment.
- Find a place where she can continue to be involved with a theater group, she loves acting and singing.
- Have more friends, since she got her job she hasn't stayed connected with the folks at the day program and she is a little lonely.
- Learn how to ride public transit independently.

Client Story: Ashley Anderson



"I think [the PCP process] is a great experience for me. I learned some new things about myself and I'm really looking forward to it"

Her background: Ashley is 33 and living with her parents in the East Bay. She sings in the Oakland Interfaith Gospel Choir and is passionate about all things music.

Ashley's goals: Her ideal situation is to get into Self-Determination, gain access to a Braille instructor, and potentially return to community college.

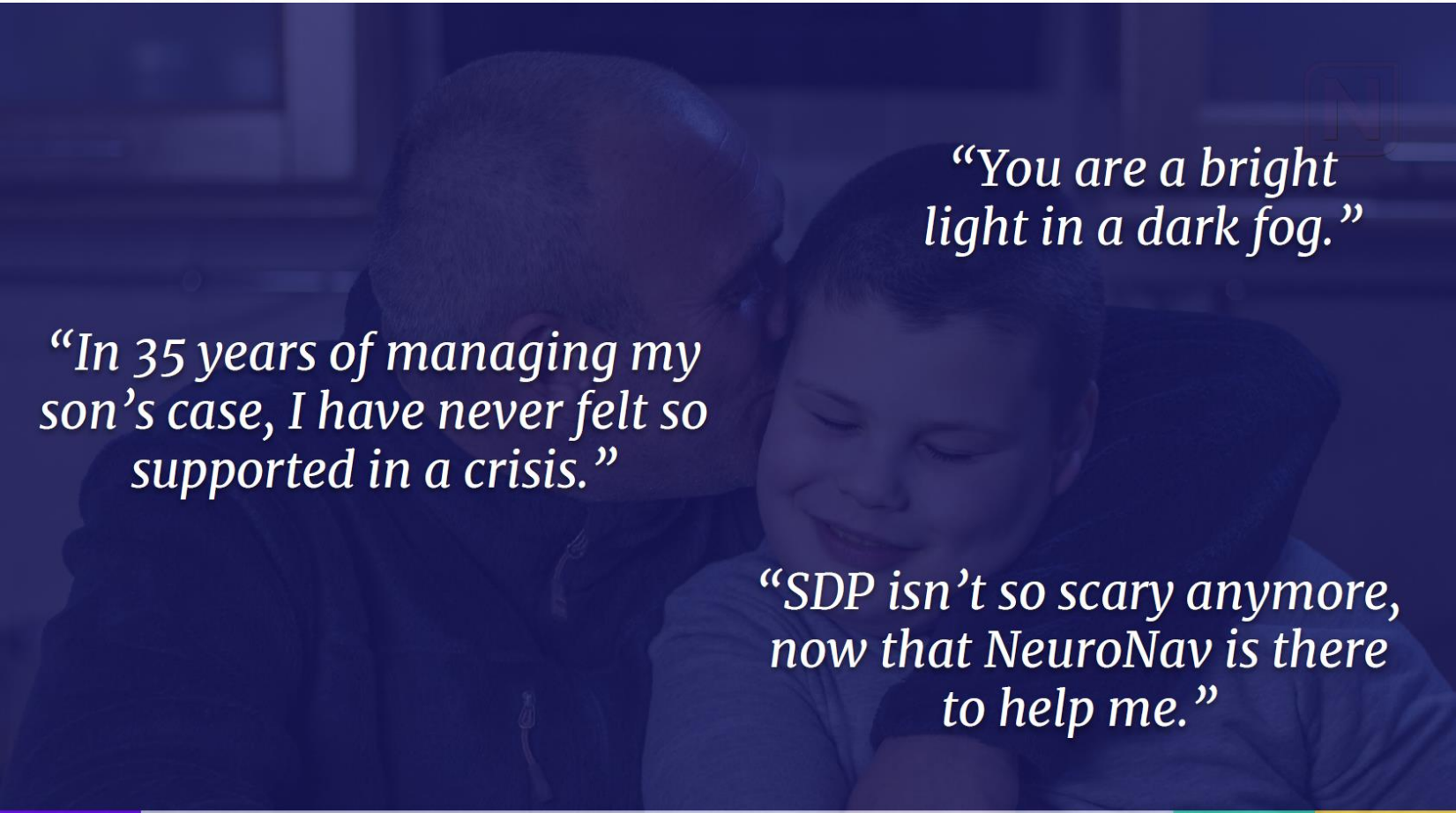
Ashley's Interests: singing, baking, furby toys

How we're working with Ashley on her Person-Centered Plan:

- Finding and researching employment opportunities in the music industry so she can really do what she loves every day
- Self-advocacy training
- Providing resources on independent living for later down the road
- Finding creative ways to exercise during times of COVID
- Helping her manage financial management systems and develop more of a financial skillset
- Stress and emotion management workshops

Ways we're supporting Ashley in future:

- Transportation and mobility options near her workplace and home
- Researching martial arts classes for exercise and self-defense
- Finding meditation and stress-relief classes



“In 35 years of managing my son’s case, I have never felt so supported in a crisis.”

“You are a bright light in a dark fog.”

“SDP isn’t so scary anymore, now that NeuroNav is there to help me.”

Thanks!

Any final questions?

You can find us at:



Kim Schreiber

Kim
@NeuroNav.org



Sabrina Kappe (Ramos)

Sabrina
@NeuroNav.org



Caroline Garrett

Caroline.Garrett
@NeuroNav.org



Maria Ivetich

Maria.Ivetich
@NeuroNav.org



Emma Chen

Emma
@NeuroNav.org

Riva Huitron
Understanding Needed Integration
(424) 292-3727
Dg@unisupportservices.com

Understanding Needed Integration

offers Independent Facilitation and Person-Center Planning Services

Including

- ◊ Personalized Planning Conversations with Individuals Served
- ◊ Personal History/Records Review
- ◊ Meaningful Relationship Building
- ◊ Goals and Future Planning, including Likes and Dislikes
- ◊ Identifying Needed Supports
- ◊ Annual and Semi-Annual Reviews
- ◊ Consulting via in person and/or over the phone
- ◊ Person-Centered Plans Updates and Reviews

Service fees are discussed with family and client served

Contact Information

Phone: 424-292-3727

Dg@unisupportservices.com

Elizabeth Jinzo
Exceptional Services for Independence

(323) 303-4292

lizjinzo@outlook.com

www.desiserve.org

Sheila Jordan Jones
JJA Impact Solutions
(310) 528-9351

JJA.impactolutions@gmail.com



Shelia Jordan Jones

JJA Impact Solutions, Principal Consultant

Certified Person-Centered Trainer
Provide Person -Centered training
Support Person-Centered Plans
Self-Determination Support, as Independent Facilitator
Certificate Cornell University, Work Incentive Practitioner
Retired Educator/38 years Sp. Ed Transition Specialist

JJA Impact Solutions

*To Advocate And
Support Authentic,
Accessible Life Options*



310.528.9351



JJA.impactolutions
@gmail.com

- ***Free Consultation***
- ***Person- Centered Plan Review***
- ***Guidance from Traditional to SD Program***
- ***Connection with the FMS***
- ***Coaching through the Spending Plan***
- ***Support to locate Vendors and Services***
- ***Team Collaboration with family and Regional Center***

Taleen Khatchadourian

Guidelight Group

cell (626) 838-3568

office (310) 883-8343

taleen@guidelightgroup.org

www.guidelightgroup.org



GUIDELIGHT GROUP

Your life. Your path. We'll guide the way.



Leading provider of person-centered planning and independent facilitation for teens and adults

We have supported over
40 participants in the
Self-Determination Program.

Our clients are already
achieving their goals and
living their dream lives -
and you can too!

Our team has expertise and
decades of experience in:

- Person-centered planning
- Advocacy
- Community resource navigation
- Regional center services
- Service coordination
- Life coaching
- Employment services
- Special education
- Benefits counseling

www.guidelightgroup.org

LEARN ABOUT OUR SERVICES

Self-Determination Program Services

Person-Centered Planning & SDP Transition

An experienced facilitator will guide you and your circle of support through a fun and meaningful process to develop a detailed person-centered plan. We will support you to obtain your individual budget, develop your spending plan, choose your FMS, and transition into Self-Determination.

Independent Facilitation

Independent facilitation services are available on an ongoing basis to help you implement your person-centered plan and achieve your goals through the Self-Determination Program.

Training for Self-Advocates and Caregivers

Learn about Self-Determination and how to be your own independent facilitator through training and individual coaching.

"I couldn't imagine a better independent facilitator. Throughout the whole process, I was impressed by Sonni's knowledge, empathy and understanding for what I want to do with my life."

- Howard M.,
SDP participant

"Britt is warm, respectful, and caring. Her initiative in identifying creative ways to support my daughter has made an impactful difference in all of our lives."

- Roberta Z., SDP Parent

Additional Services

Self-Determination Program participants may choose to use their individual budgets to access our private pay services, including:

- Life coaching
- Customized employment
- Parent/caregiver support
- Advocacy

Phone: (310) 893-8343
Email: hello@guidelightgroup.org
Web: www.guidelightgroup.org
Serving all of California

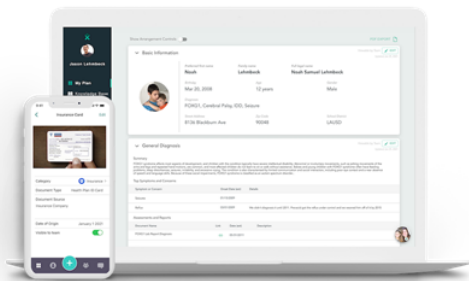


Carla Lehman
Special X

memberships@teamspecialx.com
selfdetermination@teamspecialx.com

Special X

People-Powered, Technology-Enabled Self- Determination Services



Looking to prepare for Self-Determination?

Email us at memberships@teamspecialx.com

- Personalized care plans to help you prepare for the enrollment process.
- Office Hours with our Self-Determination experts.
- Access to our extensive knowledge base and Community.
- Priority access for our Independent Facilitator services once you are approved for Self-Determination.

Already approved for Self-Determination?

Join our waitlist! Email us at selfdetermination@teamspecialx.com

- Trusted guidance and support throughout the transition to Self-Determination.
- Individualized Person-Centered Planning that helps your child meet their goals.
- Experienced IFs who help you recognize unmet needs and changes in circumstances to increase budgets.
- Access to secure planning tools and direct messaging with your Independent Facilitator.

Armida Ochoa
Ochoa's Consulting LLC
(323) 984-6527

aocchoa@ochoasconsultingllc.com

info@ochoasconsultingllc.com

www.ochoasconsultingllc.business.site

Ochoa's Consulting LLC working with families thru Self-Determination program

Prepared by Armida Ochoa



Ochoa's Consulting team

- ❖ Parents have a young or Adult family member with Disabilities
- ❖ Have trainings in topics such as: Principles of Self Determination training, Independent Facilitator training, Person Centered thinking (2 days training),
- ❖ Their young and Adult are in process or start in SDP



Armida Ochoa



Juana Gutierrez



Hortencia Muñoz



Danya Benitez



Rosalinda Yung



Ochoa's consulting team with training and experience navigating systems to support families

- ❖ Special Education IEP, ITP
- ❖ Regional Center IPP, SDP
- ❖ Department of Rehabilitation
- ❖ Medical
- ❖ IHSS
- ❖ SSI
- ❖ CCS
- ❖ Fair rearing supporting parents
- ❖ Higher Education College and University

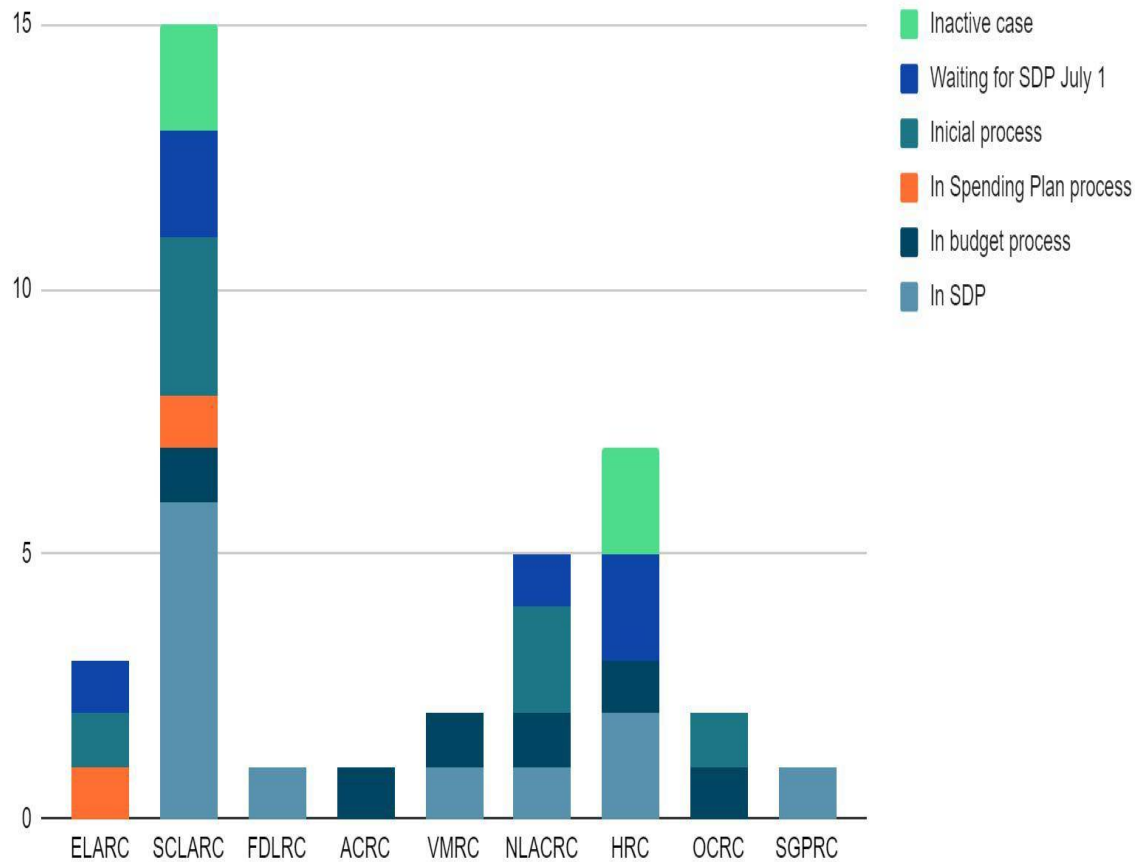


Families we serve

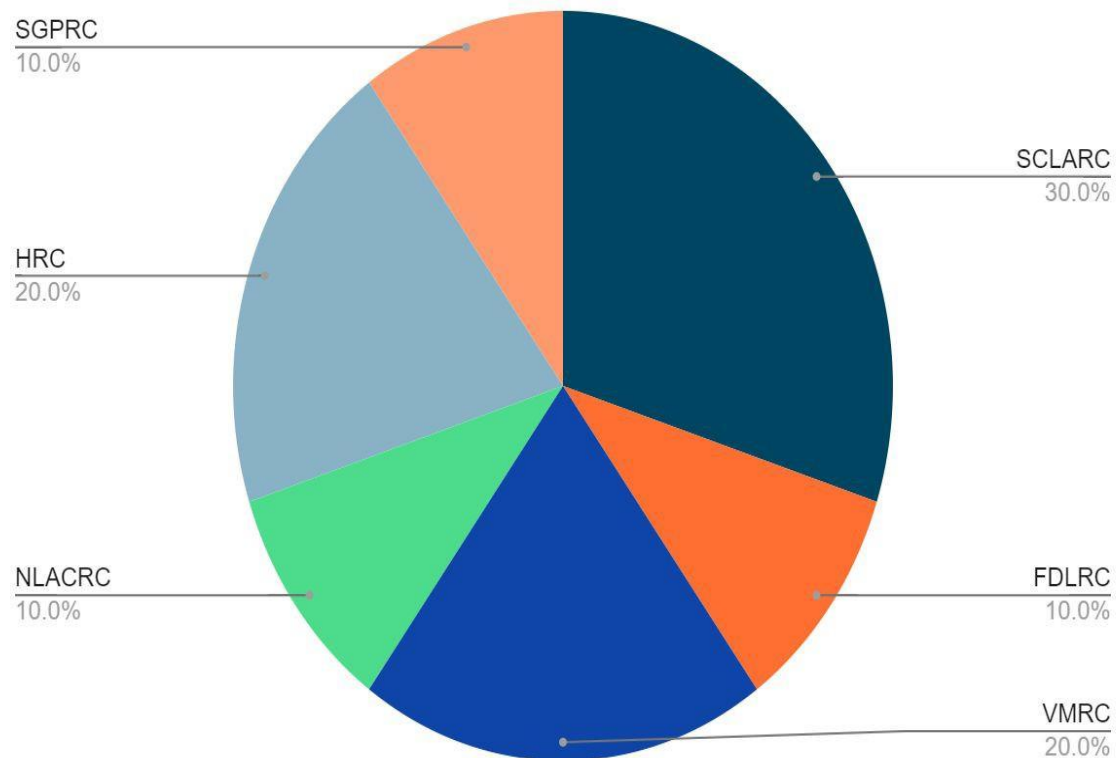
- ❖ Latino Families
 - ❖ Spanish / English speaking language with families
 - ❖ Client families from the following Regional Centers: ELARC, HRC, SCLARC, FDLRC, SGPRC, OCRC, NLACRC, ACRC, VMRC, IRC
 - ❖ Regional Center Consumers Selected and want to be part of Self-Determination Program.
 - ❖ Parents and Consumer who are willing to work as a team
 - ❖ Families that have responsibility, availability of communication by phone, text and email and physical meetings.
 - ❖ Have confidence, connection and a good attitude in this process.
-



Ochoas Consulting PCP Plan cases for transition for Self Determination 2020- 2021



Ochoa's Consulting Independent Facilitator Services for Regional Center SDP clients 2020 - 2021



Process to work with families

Stage # 1 Initial- Expectations

Initial meeting with parents to analyze expectations and explanation of how the process works.

Delivery of Documentations from parent such as IEP, IPP, Important Reports, Relevant Letters, etc.

Filling of forms: File and follow-up of parents, consent form, filling of the form for the role or participation of the PCP Plan Person- facilitator.

Agreement by the client /or parent (s) and the independent facilitator- PCP Plan person



Process to work with families

Stage # 2 Follow-up

Continue communication with parents / client to obtain information, filling out forms: One Page Description, My Plan, other forms in person, by phone, email, text, etc.

Continue communication with the Service Coordinator to let them know that the PCP Plan process began and to request reports or necessary documentation, such as the IPP, Report of expenses for the last 12 months, etc.

1. Follow up and guide parents with generic resources IHSS, SSI, CCS, Medical etc. to obtain services or denial letters.
-



Process to work with families

Stage # 3 Coordination

Coordinate initial and follow-up meetings between the Regional Center Self-Determination team, parents / client and PCP Plan person -independent facilitator.

Appointment at home or community to meet the Client and obtain relevant information to add to the PCP Plan.

Review and explanation of the PCP Plan to parents / client related to needs, abilities, goals, services, agencies, inclusion programs or activities, etc.

The PCP Plan undergoes a translation process depending on the case.

A meeting is scheduled with the FMS that was chosen to explain the models and especially the one that was selected.



Process to work with families

Stage # 4 PCP Plan is presented to Regional Center

Initial meeting # 1 with Self-determination team by the Regional Center (Service Coordinator, and / or Supervisor) to explain the PCP Plan as a team with the parent / client and the independent facilitator.

Follow-up meeting # 2 with Self-determination Team (Service Coordinator, and Supervisor) to discuss the PCP Plan related to Services, Evaluations, goals, etc.

3. Follow-up meeting # 3 with the Self-Determination team to determine and / or certify the budget base in approved , working in the spending plan and SDP- IPP meeting to transition SDP and implemented services in SDP



Ochoa's Consulting collaborations in the community

- ❖ Support groups in the community
- ❖ Districts MUSD, LUSD
- ❖ Organizations SCDD, Roybal School base program, ENKI, DMH,
- ❖ Regional Centers SCLARC, ELARC
- ❖ FMS Agencies Acumen Agent, ARCC, Aveanna, GT Independence



Programs offered by Ochoa's Consulting to families:

- One-on-one consultation with parent on IEP, IPP, IHSS, Medical, CCS. Department of Rehabilitation in person and virtually.
 - Presentations to Schools, Districts, and Support Groups in person and virtually.
 - Preparation services of the PCP Plan and Independent Facilitator on IEP, IPP, IHSS, Medical, SSI, CCS, DOR within the Self-Determination program, in person or virtually.
 - Preparation and participation in IEP, IPP meetings in person or virtually
-



Armida Y. Ochoa

Ochoa's Consulting LLC

708 Newmark Mall
Montebello, CA 90640

Office #: (323)984-6527 Cell # (323)984-6527

Email:

aochoa@ochoasconsultingllc.com

info@ochoasconsultingllc.com

www.ochoasconsultingllc.com



Carol Takhar
(626) 679 2535 (please text)
caroltakhar@gmail.com

Independent Facilitator (024)

Vendored with:

Eastern Los Angeles Regional Center

And SanGabriel Regional Center

- **Our son was a part of original self determination pilot in 1998**
- **I have a good understanding of person-centered plan instead of service centered plan**
- **I have a good understanding of using generic resources as much as possible**
- **I have a good understanding of working as a team together with the regional centers staff**

Services included:

- Needs to be a good match with the client and the family
- Services include:
- Support with
- Person Centered Plan
- IPP
- Budget (unmet needs)
- Spending Plan

Monthly services (340)

Independent Facilitator

- Services are individualized depending on need
- Needs to be a good match with the client and the family
- Can include but not limited to:
- Support inclusion in the community by looking into generic resources when available
- Support clients to reach their goals
- Support client, family, vendors and private staff understand and navigate in self determination
- Coordinate between ELARC, vendors, SMS and staff (facilitate meetings)
- Help to find staff to help achieve goals
- Paperwork and budget review
- Yearly update of person-centered plan



Swim Team with coach Kandis



At the beach





Art Class



With my best friend



Susan Ustaris
(323) 363-3450

susanustaris@yahoo.com

THANK YOU