



**SELF
DETERMINATION
PROCESS**

1. ATTEND ORIENTATION

- This is the lengthy orientation that was either a full day training or two half day trainings
- It was also provided on a one-to-one basis or those who could not attend the group trainings

2. MAKE A DECISION TO MOVE FORWARD OR NOT

- Let us know if you wish to continue in Self Determination. Almost all of you have done this.

3. DECIDE ON A FACILITATOR (PAID / UNPAID)

- Choose a Facilitator
- It can be the person being served
- It can be the parent of a minor or adult
- It can be whomever you choose
- It can be paid or unpaid (parents of minors / spouses of adults cannot be paid)

4. DECIDE ON HOW THE FIRST PERSON CENTERED PLAN WILL BE COMPLETED

- At the May 2019 Meet and Greet you were introduced to 3 providers
- The provider can be a vendor or non-vendor
- You can pay for the PCP and then get reimbursed by getting vendored yourself
- Ask the provider if they are willing to do the PCP and then get paid
- Price should not exceed \$2500 (see DDS guidance)

5. PARTICIPATE IN THE MEETING AND COMPLETE THE PCP

- When the PCP is being prepared... the person being served should be present
- The meeting where the PCP is being discussed should include members of the Planning Team
- Helpful hints: Review videos on how a PCP should be prepared
Take a training on the PCP (this has been offered 3 times at SGPRC)
The PCP should not be prepared in isolation from the Planning Team
Expect a written product

6. ASK THE SERVICE COORDINATOR FOR 12 MONTH BUDGET

- Ask for the 12 month budget. This is the amount “spent” in last 12 months
- If you did not use all ILS hours, Respite hours or if we could not find you a provider, add these costs to your budget as an unmet need.
- Submit your budget to SC for approval

7. CHOOSE AN FMS

- Ask for a listing of FMS providers
- At the June 2019 Meet and Greet we had 6 providers
- Ask them the questions provided in the handout given at Orientation
- Select the FMS

8. MEET WITH TEAM TO DEVELOP THE SPENDING PLAN

- Call for a meeting of the Planning Team and bring your completed PCP and your approved budget
- Bring the Service Descriptions and Categories
- Figure out the Spending Plan by identifying the goals and how these will be funded (see example)
- Write or develop the actual spending plan by categorizing each goal based on a service description that is allowed and then decide on an amount for each service (see example)

10. HOLD AN IPP MEETING / SIGN NEEDED DOCUMENTS

- After the spending plan is completed , it must be approved by the Regional Center.
- Once approved, an IPP meeting is to be held to document all agreements