



Self-Determination Advisory Committee

Meeting Minutes – May 20, 2021

10:00 am - 12:00pm (Zoom)

Members In Attendance: Joyce Clark (FA), Victoria Virgilio CRA, Tracey Flourie (FA), Horacio Correa, Jr (FA), Kim Rucker (SA), Debra Jorgensen (A), Chris Lubinski (FA)

Ex-Officio Members present: Mary Ellen Stives SCDD, Suzy Requarth SDRC

Members/Ex-Officio Members Absent: Bertha Taylor (FA)

1. Welcome/Introductions

- Victoria Virgilio temporarily filling in for Tania Schloss as Office of Client Rights Advocate.

2. Public Input

- Community would like to know as soon as possible whether the \$2,500 funding will be available for person-centered plan development post-initial rollout.
- A suggestion was made to coordinate self-advocate forums to discuss enrollment process, navigating barriers, etc.
- Molly Kennedy, Self-Advocate, shared two plain language documents she created to assist with understanding self-determination (see below).

3. Approve outstanding minutes

April minutes approved. First motion by Kim, second by Horacio.

4. San Diego Regional Center Report

- Total enrollment is 50.
- Info Sessions continue to be held once per month in the evenings, attendance has increased dramatically with 80 people attending 5/11/2021 session.
- Orientations scheduled June 5th in English and June 11th in Spanish.
- Orientations now include recorded material developed by another Regional Center.

5. SCDD Statewide Advisory Board Report

- There is a document now uploaded to the SDAC web page describing barriers to successful participation and enrollment in self-determined services.
- SDAC due for another meeting, date/time pending.

6. Implementation Funds Spending Plan Updates

- Discussion about process for identifying a Project Coordinator. Joyce recommended that a small group of LAC members meet separately to determine this process and identify potential candidates.
- Post card being finalized and distribution plans underway.

7. Future Meeting Schedule

- June 17th, 5:30pm
- July 15th, 10am
- August 19th, 5:30pm















8. Future Agenda Items

- Project Coordinator for implementation funds – criteria and recruitment process

Minutes respectfully submitted by Suzy Requarth

Self-Determination Glossary in Plain-Language

These are words and terms that are involved in creating your Self-Determination Plan

	Words & Terms	Definition / Meaning
	Authority	To control a budget so you can purchase services and supports that you choose.
	Confirmation	Of the important role that you have to make decisions in your own life.
	Financial Management Services (FMS)	FMS: Are given the funds from you spending plan to pay the bills for your supports and services.
	Freedom	To control your life. You decide where you live, whom you want to live us, how you want to spend your time, and who will support you.
	Independent Facilitator	An individual you can hire to assist with all the steps of developing your self-determination plan. Your Regional Center Coordinator can act as your Independent Facilitator.
	Individual Budget	The amount of funding the Regional Center gives you to support your self-determination plan.
	Person-Centered Plan	Is Your plan which includes your future goals and how you want to reach them.
	Person-Centered Planner	An individual you can hire to help you with putting your person-center plan together.
	Responsibility	For the decisions you make in your life and how to use the public funds you are given for your services and supports
	Self-Determination Goals	Are the goals you created when you completed your person-centered plan.
	Self-Determination Spending Plan	Is the amount of funding you and the Regional Center has agreed upon to use in your spending plan to buy services and supports.
	Self-Determination Services	Allow Regional Center clients the ability to have more control and flexibility in choosing the supports and services that meet their needs and allow them to live full productive lives.
	Support	To organize resources and staff, so you can live the way you want to.
	Unmet Needs	These are supports and services that you need but the Regional Center has funded.

Steps to Developing Your Self-Determination Plan

Step A: Learn What Self-Determination Is

1. Speak with your Regional Center Coordinator to get information on the Self-Determination Services.
2. Ask the Coordinator to give written materials about Self-Determination in plain language.
3. Ask if there are upcoming orientations/trainings to learn more about self-determination services and how to put a plan together.

Step B: Understand Traditional Services Vs. Self-Determination Services

1. Ask your Regional Center Coordinator to discuss what the differences are between “traditional services” vs. “self-determination services.”
 - You are most likely on “traditional services” which mean you don’t have total control what services and supports you receive and what you want to fund.
 - Self-Determination allows you to control Regional Center funds to purchase the services and supports that you want and meets your needs and goals.

Step C: Create Your Support Team

1. To develop a strong self-determination plan it takes having a good support team to assist you.
2. This is *your* support team so it should be made up with people you trust and want you to have live a good life based on your choices.
3. Your support team could include: family members, friends, individuals that provide you supports and services or anyone you think will help you build a good self-determination plan.

Step D: Develop Your Person-Centered Plan

- A person-centered plan is about you and your future. With the help of your support team you create your person-centered plan that includes:
- * Your Strengths
 - * Your Dreams
 - * How you want to live your life.
 - * What you want to do with your life.
 - * The services and supports you need to live a full productive life

Step E: Develop Your Goals

1. Based on the information from your person-centered plan you create the goals you want to reach.
2. These goals will be used to create your self-determination plan.
3. These goals will be included in your Individual Program Plan (IPP)

Step F: Meeting with Regional Center to Develop Your Individual Budget

1. You will meet with your Regional Center to determine the amount of your 12 months spending budget.
2. This amount of funding that the Regional Center has spent on your supports and services.
3. This is time when you present that if you have changes in your life during the past 12 months and how that could affect your Individual Budget
4. If there are unmet needs that are not currently being funded by the Regional Center the client can present it at this.
5. When you come to an agreement on your individual budget with the Regional Center that amount of funds will be used for your spending plan.

<p>Step G: Choose Your Financial Management Services</p> <ol style="list-style-type: none"> 1. When you enrolled into self-determination your Regional Center will give you a list of Financial Management Services (FMS) providers you can choose the organization to provide these services. 2. Everyone who has self-determination services must use an FSM. 3. The role of the FMS is to pay the bills for the supports and services you received. 4. The FMS also provides services if you want to employ you own individuals to support you 	<p>Step H: Develop Your IPP</p> <ol style="list-style-type: none"> 1. Once you have your goals created from doing your person-center plan you will meet with your Regional Center Coordinator to: <ul style="list-style-type: none"> * Present your goals to be written into your new. * These goals will relate to your spending plan and how you will use this funding to buy the services and supports that relate to your IPP goals.
<p>Step I: Choose Your Support & Services Funded by Your Spending Plan</p> <ol style="list-style-type: none"> 1. Once you have your IPP goals you can begin to choose the supports and services that can be funded through your Self-Determination Spending Plan. 2. The Department of Developmental Disabilities Services (DDS) has a list of supports and services that can be funded through your spending plan. 3. Under Self-Determination services you don't have to choose Regional Center vendors to provide your supports and services. 4. You can pick supports and services in the community that meet your needs and meet DDS requirements. 	<p>Step J: Start Your Self-Determination Services</p> <ol style="list-style-type: none"> 1. Your Self-Determination goals based on your person-centered plan are put into a your new IPP. 2. Your Individual Budget has been agreed upon by both you and the Regional Center. 3. You have chosen your FMS. 4. You have decided what supports and services you will have funded under your spending plan. 5. You have agreements with the individuals and organizations who will provide your supports and services. <p style="text-align: center;">YOU CAN START YOUR SELF-DETERMINATION SERVICES</p>