

SELF-DETERMINATION

UPDATE JUNE 7, 2019

Circle Of Support

As participants are just beginning the first steps of participation in the Self Determination Program (SDP) statewide, it is an exciting time for sure. It may also feel a bit overwhelming, as the whole state learns together during this initial implementation time. That is why the principle of Support is so crucial. For participants, a strong circle of support made up of people you can count on is very important at this time. For professionals and loved ones support may mean helping participants identify the people in their lives they trust and want to include in planning. A few ways that a strong circle of support can help are with person-centered planning, understanding the budget calculation, as well as with developing the spending plan. You are not alone in SDP when you can build a circle of support!

Learn more by viewing the "It's My Choice" workbook by Bill Allen, which includes information about building your circle of support (published by Department of Health and Human Services, Administration on Intellectual and Developmental Disabilities, Minnesota,) at

<https://mn.gov/mnddc/extra/publications/Its-My-Choice.pdf>



Ready to Get Social with SDP!

Johan is a spunky five year old boy whose mom, Irma, has big dreams for him. "I just want him to be independent," she says in her native Spanish, "I am always on the look out for better things, better services to help him."

Irma says that she first heard about the Self Determination Program from her Redwood Coast Regional Center Service Coordinator, Amy. "She sent me the information and I was so interested," Irma says, "I want Johan to gain more skills, to socialize with other children...I am hopeful that Self Determination will give me the ability to purchase good services to help him be social."

Obtain SDP informational materials in languages other than English on the DDS website at/Obtenga materiales informativos en otros idiomas además del inglés en el sitio web de DDS en: <https://www.dds.ca.gov/SDP/SDPMaterials.cfm>

Questions of the Day

Q. Who is required to get a background check? Will parents and family members need one also?

A. A criminal background check is required for anyone receiving payment, including family members, to provide direct personal care (assistance with dressing, grooming, bathing or personal hygiene services) to a participant in the SDP.

Q. Can a participant request that a provider obtain a background check?

A. Yes. Participants or the participant's financial management service provider may request a background check for any providers of services and supports.

Have more questions about background checks? Send an email to sdpbackground@dds.ca.gov

WANT MORE INFORMATION ABOUT SELF-DETERMINATION?

- ♦ Visit the Self-Determination Page of the DDS website at <https://www.dds.ca.gov/SDP/>
- ♦ Attend a Self-Determination Local Advisory Committee Meeting, contact your Regional Center or Local State Council on Developmental Disabilities Regional Office