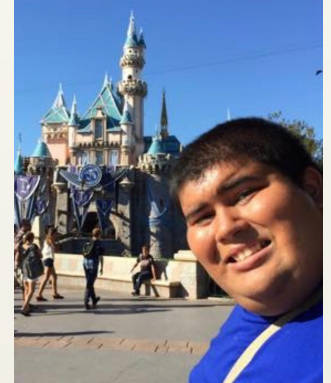


# SELF-DETERMINATION

UPDATE FEBRUARY 21, 2020

## Person-Centered Practices/Planning Training Sessions Offered Statewide

The Department of Developmental Services (Department) is pleased to announce the launch of statewide training opportunities focused on person-centered practices and person-centered plan facilitation. The Department has contracted with Support Development Associates (SDA) to develop and provide these training sessions. Knowledge of the principles of person-centered practices and the ability to apply such principles is important for the successful implementation of the Self-Determination Program and meeting the HCBS settings requirements outlined in the January 2014 federal regulations. The intended audience for these training sessions is regional center staff, service providers, individuals who receive regional center services and their family members, and other interested stakeholders. More information regarding the training session descriptions, dates, and locations will be posted to the departments website.



## Self-Determined Brothers

Josefina is a mom who serves on her Regional Center's Local Advisory Committee. She says "My two children, even if they have the same diagnosis, are very different. My son Daniel is an artist, and he loves to paint...especially Disney characters. I want him to experience a professional class in order to get more skills and to learn to create paintings that families would love to buy...to have exhibitions and a web page where he can show his art. My son will have his own business. How wonderful this will be for my son! Daniel also needs to have a plan to lose weight at his own pace. My son Nestor wants to learn about the regional center system, empower his ability to speak in public, and become the best self-advocate that he can be. He also wants to become a professional motivational speaker. I believe with all my heart all this can be possible in Self-Determination."

**PARA MI COMUNIDAD LATINA:** "A mi comunidad les quiero pedir que se informen del programa de Autodeterminación por que va a cambiar la vida de nuestros hijos con necesidades especiales. Nuestros hijos van a tener la decisión de hacer lo que verdaderamente les gusta, con la ayuda necesaria. La Autodeterminación nos abre un mundo de oportunidades, que trabajen con nuestros hijos las personas que realmente los quieren, que estén incluidos en actividades en nuestra propia comunidad. Infórmate y dale la oportunidad del cambio a tu hijo/a. "

## Question of the Day

**Q.** If I live on my own does my Service Coordinator need to visit me every three months?

**A.** Yes, the rules from the federal government about SDP in California state "For consumers who do not live with their families, quarterly face-to-face monitoring is required to monitor the consumer's health, safety and well-being, assess the effectiveness of services, and monitor progress in meeting the identified goals." Basically this means your Service Coordinator is required to visit you every three months to make sure you are doing well and that your services and supports are working out for you as you planned.

## 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 (SCDD) Regional Office
- ◆ SCDD hosts a SDP Facebook page at <https://www.facebook.com/groups/CA.SDP.Forum/>