

# SELF-DETERMINATION

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## “You Are Not Alone”

Linda is Eden’s mom and Eden is getting ready to participate in SDP at Harbor Regional Center. Here is Linda’s advice to others: “(First), in choosing someone to help you with person-centered planning make sure that the document you will end up with will be in a format (e.g., .docx or .txt) that you will be able to edit on your own in the future—as you (the self-advocate) or your son or daughter revisits this process each year. Also be wary of working with someone who has generic goals to plug into the PCP rather than truly listening to the participant and creating an authentically

individualized person-centered plan. Fees should be based on the complexity of participant’s profile, ability to sit through extended meeting(s), number of meetings needed, and other factors. I would be hesitant to work with someone who automatically charges a flat \$2,500 fee... without really knowing anything about *you*: the participant. (Second), are you feeling stressed as you search for just the right persons to help you with your PCP, spending plan, financial management, or independent facilitation, etc.? *Relax and realize that you are not alone*; we are all learning the ropes together. Also remember that as you gain more experience in understanding *your/the participant’s* vision and how this program can support your goal-oriented action plans, the process will become less of a hurdle.” This story was originally scheduled to be in the March Newsletter. We are happy to be able to finally share it with you. Thank you Linda and Eden for sharing.

## Background Check Updates

The Department of Developmental Services recognizes that due to the COVID-19 crisis, there is a shortage of available fingerprinting services, which impacts the ability of individuals to complete the required criminal background checks. Therefore, pursuant to Governor Gavin Newsom’s [Executive Order N-68-20](#) issued on June 5 2020, the fingerprinting requirement is suspended until Jul 31, 2020. As stated in the Executive Order, the California Department of Justice may use identifying information other than fingerprints to conduct criminal background checks. During this time period, name-based background checks can be requested for individuals who are unable to access a live scan location. More information can be found on the [directive](#) posted to the DDS website. Other SDP background related questions can be sent to [sdpbackground@dds.ca.gov](mailto:sdpbackground@dds.ca.gov).

## Question of the Day

**What is the difference between participant directed services and the Self Determination Program (SDP)?**

The Self Determination Program (SDP) allows selected participants the opportunity to have more control in developing their service plans and in selecting service providers to better meet their needs. SDP participants utilize a spending plan to purchase services within an individual budget amount. Participant directed services provide consumers employer authority and responsibility to access respite, day care, transportation, nursing, and day services in a different way. For more information regarding participant directed services, and the availability of temporary flexibility in those services during the COVID 19 Stay At Home Order, please see the [directive](#) posted to the DDS website.

# Revisiting Advice From People in Self-Determination

Don't give up.... There are going to be a lot of barriers in Self-Determination, but you need to remember that you are the boss..."

- Tim, 11/22/19 Newsletter



"Don't be afraid to think outside of the box... Be excited to think different."

-Daniel, 10/25/2019 Newsletter

## Determining the Individual Budget

We have all learned that the individual budget is based on how much was spent on the individual in the past 12 months, that is in the law. However it does not end there. When determining the budget amount, the planning team should look at unavailable resources, changes in life circumstances, and newly identified needs as well as any changes in costs. Though based on the previous 12 months, the budget should be determined by looking forward at what services and supports a participant would need and use regardless of participation in the SDP. The SDP law says that "the regional center certifies on the individual budget document that regional center expenditures for the individual budget, including any adjustment, would have occurred regardless of the individuals' participation in the Self-Determination Program" [W&I Code 4685.8(n)]. This means that the final budget amount may be different from what was spent in the previous twelve months for services. More information can be found on the directive regarding [Individual Budget Development](#) on the DDS website.

## WANT MORE INFORMATION ABOUT SELF-DETERMINATION?

- ◆ Check out the [updated FAQs](#) on SDP posted to the DDS website.
- ◆ Visit the [Self-Determination Page](#) of the DDS website.
- ◆ Attend a Self-Determination Local Advisory Committee Meeting
- ◆ Contact your Regional Center or Local State Council on Developmental Disabilities (SCDD) Regional Office
- ◆ Visit the [SDP Facebook page](#) hosted by SCDD