
AN INTRODUCTION TO THE SELF DETERMINATION PROGRAM

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TODAY'S AGENDA

- Self Determination Program Overview
- SDP Eligibility
- Enrollment Process
- Orientation information
- Person Centered Planning
- Roles and Responsibilities in the SDP service delivery model
- Supports and Services in SDP

SELF DETERMINATION PROGRAM OVERVIEW

Traditional Services:

- Use only vendored providers for services
- Purchase of Service (POS) guidelines outline approved services
- Services and supports purchased must relate to qualifying diagnosis
- Payments for services are paid through FNRC POS dept

Self Determination Services::

- Use of vendored or non-vendored providers
- SDP program definitions outline services and support approved for funding
- Services and supports purchased must be an approved service and must support a person centered outcome.
- Individual budget is used to purchase services and must last for 12 months of service.
- Payments for services are made through the financial management service
- Participant's may have an Independent Facilitator as part of their planning team

SELF DETERMINATION ELIGIBILITY

- Any individual with an active Status 2 regional center case
 - This includes children, adults living independently and with their family, adults and children living in residential facilities and children in foster placement.
 - The only exception is individual's living in a Skilled Nursing Facility (SNF), Developmental Center (DC), Intermediate Care Facility (ICF) unless there is a plan for that person to move out of the facility to the community within 90 days.

Early Start (0-3 years of age) and Status U (provisionally eligible) individual's are NOT eligible for SDP.

PROCESS: STEPS OF ENROLLMENT

- Attend an orientation
- Complete a Person Centered Plan
- Obtain a certified individual budget
- Develop a spending plan
- Choose a financial management service (FMS) and participate in a consultation to review the draft spending plan.
- Connect new services and staff to the FMS for on-boarding
- Verify enrollment date and sign final spending plan
- Enroll in SDP; all traditional authorizations will end and services approved in the final spending plan can begin.



ORIENTATION OPTIONS

Option 1: FNRC Orientation

- FNRC offers 6 orientations per year at varying in person locations.
- The orientation is 2 hours and hosted by the FNRC SDP Specialists.
- The schedule is available on the FNRC website or your SC.
- Registration is required.

Option 2: SCDD Statewide Orientation

- SCDD partnered with DDS to offer the orientation. There are several scheduling options including various days, times and weekend choices. Available in several languages, participants indicate a language choice when registering for the orientation.
- The orientation is 2 hours and hosted by SCDD via zoom.
- Participants receive a certificate of attendance.



PERSON-CENTERED PLANNING & WHY IT MATTERS

- After the orientation, the service coordinator will complete the referral for the person centered plan and set up the authorization.
 1. The PCP process helps us understand what a person's hopes and dreams are both long term and short term as well as provides helpful information about supports needed.
 2. Using the PCP, we can identify supports a person needs to meet their goals, this is sometimes called unmet needs. These services, if available in traditional services can be put in place immediately while the SDP enrollment process is happening.
 3. The goals drive the supports and services that get added to the spending plan.
 4. Sometimes goals include things that are specifically excluded in SDP, however, we may find supports a person needs to reach that goal which are allowable in SDP. Without a PCP, we often don't know how we can support a person with these kinds of goals.

ROLES AND RESPONSIBILITIES: SERVICE COORDINATOR (SC)

- Provide Orientation information and check in with the family following their orientation attendance.
- If the family/individual chooses to continue with SDP; they will be assigned a SDP Service Coordinator.

Self Determination Service Coordinator Role:

- Complete referral and authorization for PCP. Participate in PCP.
- Develop individual budget and present proposed budget to the family.
- Develop spending plan with family based on person centered outcomes.
- Connect family with FMS and facilitate the on-boarding process.
- Submit final/approved spending plan to FMS and support family to trouble shoot any issues.
- Make prompt changes to the spending plan when requested by the family. Submit approved changes to the FMS.

ROLES AND RESPONSIBILITIES: INDIVIDUAL AND FAMILY

- Attend orientation and notify SC if family would like to proceed with SDP.
- Participate in the PCP process.
- Review budget and notify SC immediately of any disagreements with the proposed budget.
- Develop spending plan based on services and supports identified to support person centered outcomes developed by the planning team.
- Choose FMS provider and complete any required documents in a timely manner.
- Locate community resources to meet identified needs and connect to FMS for billing.
- Connect all potential staff to the FMS to complete background check and paperwork before hiring.
- Monitor staff hours by approving time cards and EVV punches.
- Submit all purchase and service requests to FMS for payments directly to the providers.
- Meet with SC to review spending and address anything that is not working as well as share what is working well.

SDP: GENERIC AND COMMUNITY RESOURCES

Generic Resources

- IHSS (In Home Support Services)
- Medi-Cal, Medicare, Health Insurance
- School District
- Dept of Rehabilitation
- College Resource Services
- Library

Generic Resources include any person or agency that is able to provide an item or support outside of regional center funding.

Generic resources **MUST** be explored prior to accessing funds in SDP.

Community Resources

- Plumas Recreation Districts
- Pioneer Pool
- Summer Camps including Lots – a – Fun
- La Sierra Brazilian Jujitsu – Portola
- Cornerstone Learning Center (tutoring)
- Feather River Fitness
- Face the Music Studio, music lessons - Qunicy
- Achieve Tahoe
- Plumas Arts – lessons, classes
- Support staff – Pay Rate set by Family

CAN I BUY IT IN SDP?

THE NUMBER ONE MOST-ASKED-QUESTION

Not Allowable

- Any type of housing payment (rent, deposit, mortgage, utilities, etc.) or home repair
- Any type of food which includes subscription boxes like Hello Fresh, Blue Apron, etc.
- Experimental treatments or medications
- Co-pays, deductibles, insurance premiums
- Travel, vacation, theme parks, event tickets, concerts, anything for recreation only
- Vehicle purchase, rental or repair
- Items only used for hobbies
- Tuition for college or trade school
- Any item/service that poses a health or safety risk

All Other Requests

- We always need to know specifics about the item/service: how you intend to use it and how it provides you with support or addresses a barrier, to determine if the request is an allowable purchase.
- Prescriptions, denials and other documents may be required prior to purchase. Generics must still be maximized before using SDP.
- Generic resources are not optional. IHSS, Medi-Cal, Educational resources, etc. cannot be avoided. Your SC and/or IF can assist with accessing generic resources.
- We will reference the DDS Service Definitions and use the DDS Directive on Goods and Services Enclosures to determine if the request is an allowable purchase.

IMPORTANT THINGS TO REMEMBER

- All Status 2 clients are eligible for Self Determination
- SDP funds **CANNOT** be used to supplement or replace supports and services that another agency is required to provide (ie the school system)
- Services and supports purchased in the spending plan must support a person centered outcome and be an approved service.
- Generic resources must be exhausted before accessing SDP funding. This may require submission of prescriptions, written denials and other supporting documents.



HELPFUL TOOLS AND RESOURCES

- **FNRC Website**
 - <https://www.farnorthernrc.org/clients/self-determination/>
 - <https://www.farnorthernrc.org/clients/self-determination/advisory-committee/>
 - **Independent Facilitator Grant Application**
- **DDS Self Determination Program Website**
 - <https://www.dds.ca.gov/initiatives/sdp/>
- **DDS Ombudsperson**
 - SDP.Ombudsperson@dds.ca.gov or (877) 658-9731
- **Self Determination Program Specialists**
 - **Morgan Curtiz**, mcurtiz@farnorthernrc.org or 530-895-8633
 - **Jordan Beard**, jbeard@farnorthernrc.org or 530-222-4791

