

Self Determination

Frequently Asked Questions

Can you live in a care home and be on the Self Determination Program?

If a participant wishes to live in a CCF, the CCF would need to complete the settings assessment for HCBS to insure it meets the requirements of the waiver. In traditional services, SSI covers the room and board, and the RC funds for the level of care services provided. In SDP budget, SSI would cover the room and board and the individual budget funds could be used to cover the level of care services provided.

Is there a list of the Financial Management Services (FMS)?

At this time the process of vrending FMS's is taking place at the regional centers. So there is not a list for this service currently available. Once the vendorizations are completed a list will be available upon request to your Service Coordinator.

Is there a list of independent facilitators?

There are many different independent facilitators. As Self Determination is still in the early stages, we are not aware of who are services as independent facilitators. At this time, there is not a compiled list of all the different independent facilitators.

Can a person be an independent facilitator and provide a service like transportation to an adult child?

An independent facilitator is not allowed to provide any paid services to a participant.

Can an individual inquire about criminal records?

A criminal background check is required for anyone receiving payment, including family members, who provide direct personal care (assistance with dressing, grooming, bathing or personal hygiene services) to an individual participating in the Self Determination Program. Individuals or the individual's financial management service provider may request a background check for any providers of services and supports. The person providing services or their employing agency is responsible for the cost. If there are more questions regarding background checks, an email can be sent to sdpbackground@dds.ca.gov

Can a consumer be their own independent facilitator?

An individual can be their own independent facilitator and not be paid for it. If someone chooses to not have a hired independent facilitator they may choose to request their Service Coordinator preform the functions of independent facilitator on their behalf.

What are my options if I want to be an Independent Facilitator?

An individual who serves as an independent facilitator is required to receive training, at his or her own cost, in:

- The principles of self-determination;
- The person-centered planning process; and,
- The other responsibilities described above under “Roles of an Independent Facilitator”.

Participants and their financial management service providers will verify that the prospective independent facilitator has met the training requirements, outlined above. The following individuals may not act as paid independent facilitators:

- A person who is providing other services to the participant pursuant to his or her IPP;
- A person employed by a person/agency providing services to the participant;

- The parent of a minor participant; or,
- The spouse of a participant.

Is the Self Determination IPP developed at the annual meeting or an addendum to the current IPP?

As the Self Determination program starts a new IPP will be developed even if it is not during the month of the individual's birth. After the first year the IPP will then continue to be reviewed during the month of the individuals birth.

Can an individual remain with traditional day programs in Self Determination?

An individual can continue to attend a traditional day program if they would like to and make it part of their Person Centered Plan. The cost of attending the traditional day program would come from the person's individual budget.

Are Individuals provided more funds for services through traditional services or Self Determination?

The budget is developed using a summary of services provided during that previous 12 months. The increase or decrease in the budget is dependent on the specific needs of the individual.

Does it cost more for the Financial Management Services (FMS) to be a co-employer?

There are three different models of Financial Management Services: Bill Payer, Sole Employer, and Co-Employer. The range of maximum rates within each model are dependent upon the number of services funded from your individual budget as a part of your individual program plan (IPP).

**Self-Determination Program
Maximum Financial Management Services (FMS) Rates**

FMS Model	Number of Services	Max Rate Per Month
FMS as Bill Payer	1-3	\$50
	4-6	\$75
	7+	\$100
Participant as Sole Employer	1-2	\$110
	3-4	\$125
	5+	\$150
Participant & FMS as Co-Employers	1-2	\$125
	3-4	\$140
	5+	\$165

Note: If the FMS provides payments through more than one of the models above for a participant, then the maximum rate for that participant cannot exceed the highest cost model for the total number of services. For example, if a participant is using five services, and the FMS is a "bill payer" for two services and a "co-employer" for three services, the maximum rate charged to the participant cannot exceed \$165 per month. **In all cases, the participant and FMS can agree to rates lower than the maximum rates above.**

Do unused annual funds roll over to the next year if not used?

Funds that are not used in one year do not roll over to the next year. The individual budget is reviewed yearly and the funds available are based on that budget each year.

Who determines rate of payment for services provided in Self Determination?

Rates of payment are negotiated between the participant and the person providing the service. The cost of a service should also consider the total cost per hour/day/month as appropriate. For people you want to hire remember to include costs for taxes and insurance. The FMS can assist regarding labor lays and to account for the costs of these items in your spending plan.

How am I going to find a Financial Management Services (FMS)?

You can talk to your Regional Center Service Coordinator to determine what Financial Management Service providers are vendored. A participant can then interview reach vendored provider to determine the one they would like to use.

How do we add money to the current budget?

You may need to change how your budget is spent over the course of the year. This would be a spending plan change. You may annually transfer up to 10 percent of the funds originally in any budget category to another budget category or categories without approval from the regional center or IPP team. Transfers exceeding 10 percent of the budget category require approval/agreement from the regional center or IPP team.

How is the cost to hire people going to impact the current budget?

Hiring individuals or agencies to provide you services will be part of your new spending plan. The current budget will provide you with what amount of money you will currently be working with. Hiring individuals or agencies would need to be factored into what money you have in the current budget.

What if you want a service that is not currently provided under a service code?

All the services paid for from your spending plan:

- The federal government has recognized these services and definitions and approved them for the program; these are the services available to you in SDP
- Have to be provided by someone qualified to provide that service
- Have to be in a setting that offers you choice and inclusion in your community; that is, the setting meets the Final Rule.
- Can be provided by anyone qualified to provide the service as verified by your FMS, not just from those vendored with your regional center.

If you are wanting a service that is not falling within a recognized service code talk to your IPP team to see if there is another way to receive the service that will fit into the expectations of SDP and an approved service code.

How is VMRC going to certify the amount on the budget?

The IPP team will meet to develop the budget. During this process, services and providers are identified including the Financial Management Service (FMS) and Independent Facilitator (if utilized by the participant). The budget is then finalized and attached to the IPP. The Regional Center will review the expenditure and any adjustments that were made. The Regional Center will sign confirming final certification of the budget. The participant will sign the budget confirming review of the budget and calculation process.

What is the process for obtaining services?

A participants needs are discussed during the Person Centered Planning and IPP process. The participant, Independent Facilitator or designated person will then seek out the services to meet the need.

Would the Regional Center Quality Assurance Team be involved in any complaints about a non-vendored provider?

There times when concerns and complaints are going to arise. Even with Self Determination programs vendored or not are still expected to follow and meet the requirements of regulations. If there is a concern with someone, who is providing services to a participant the assigned Service Coordinator can assist and directing the participant to the correct regulatory agency to file the concern with. If the concern is with a service provider who is vendored with the Regional Center than the Quality Assurance Team may be involved.

Will the SC still hold annual and/or quarterly meetings with individuals/families/providers?

Meetings are to be held in accordance with the Regional Center contract. The expectation is that if an individual is residing with family they will be seen once a year or more often as needed. If an individual resides independently with or without supporting services or in any out of family placement they will be seen quarterly or more often as needed.

Define Abuse

There are many types of abuse:

- Physical abuse-physically hurting you
- Sexual abuse-touching you inappropriately or having sexual relations that are unwanted
- Abuse by neglect- not taking care of you
- Emotional abuse
- Financial abuse- taking your money or spending your money in ways you do not want.

These things can be done by strangers or someone you know and it is sometimes hard to tell whether or not you are being abused. If you feel uncomfortable with the way someone is treating you, you should tell someone you trust.

It is important to **understand** the possible signs and symptoms of abuse.



Feel or act very upset for a long time



Lose skills or confidence.



Change behavior or mood



Seem frightened of certain people or situations



Become agitated or aggressive



Do not want to talk to anyone

Would DMV Driving class and test preparation be a service provided on the Self Determination Program?

Can a cell phone be purchased using the Self Determination Program?

Technology is an item, piece of equipment or product system, whether acquired commercially, modified, or customized, that is used to promote community integration, independence, and increase, maintain or improve functional capabilities of participants. Allowable technology services, as specified in the participants IPP include

1. Evaluation of technology needs of the participant, including a functional evaluation of the impact of the provision of appropriate technology and appropriate services to the participant in the customary environment of the participant;
2. Purchasing, leasing or otherwise providing for the acquisition of any technology device: cell phone (monthly bill, cell phone apps). I Pads. Tablets and laptops.

Technology may only be purchased under the Self Determination Program if it is not available through the state plan.

Can Self Determination funds be used for adult children +22 to continue their education?

Education services help the participant acquire skills that facilitate the participant's self-advocacy skills, exercise the participant's human and civil rights and exercise control and responsibility over their Self Determination Program services and supports. This service includes enrollment fees, books and other resources materials required for participation in the education. This service is not provided when finding can be accessed through Public Education as required in ADEA (PL 105-17). Prior to accessing finding for this service, all other available and appropriate finding sources, including those offered by the Department of

Rehabilitation or Education must be explored and exhausted. These efforts must be documented in the participants file.

Will be as a Regional Center still use our Respite Assessment Tool to help establish the hours needed for respite?

The Respite Assessment Tool will be continue to used in order to help determine how much money would have been spent by the Regional Center while determining the Individual Budget.

Generic resource is not meeting the needs of the individual or they have to drive to far to receive the generic resource can they choose to not use it and use Self Determination services for the need?

The generic resources are required to be utilized before money from the Individual Budget is accessed when someone is involved in the Self Determination Program.

In regards to placing a 1:1 consumer at a day program. Most day programs are refusing to take on 1:1 consumers because the reimbursement rate does not cover the employee cost for that program. Will the Self Determination take into consideration when calculating the Unmet need cost calculation for the consumers projected budget, that that amount will include the total 3x the cost to attend day program when you compare the cost for a 1:3 program rate? Thus accurately increase that consumer's true expense to attend day program as a 1:1?

When an individual is participating the in the Self Determination program they have the ability to discuss the rate of service with the service providers. When the Individual budget is created the amount that the Regional Center is currently spending on services will be considered as well as any unmet needs that exist.