



## DEVELOPMENTAL DISABILITIES AREA BOARD 10

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*Protecting and Advocating for Persons with  
Developmental Disabilities in Los Angeles County*

### WHAT IS SELF-DETERMINATION?

Adults with disabilities or families of children with disabilities, with the support of family, friends, and professionals whom they trust, taking charge of their own futures by gaining control over the services, supports and resources that they need. You decide what services you'd like and who should provide them.

#### *How does it work?*

- You are given an INDIVIDUALIZED BUDGET

The law says that individualized budgets must be determined fairly and that everyone must be treated the same way. The law also says that Self-Determination will be phased-in over three years. During the phase-in period the regional center will look at all the services you get, add up what has been spent, and the total will become the amount of your Individualized Budget – you will get the same amount of money that was spent the previous year. The budget is good for one year. After the phase-in period the regional center can use different ways to come up with a person's budget.

- A person-centered plan is written with the help of a FACILITATOR

A Facilitator is someone you hire to help you. You pay for the Facilitator out of your budget. Your Facilitator helps you find the services and supports you need. Some of your supports will be free and come from your family, friends, and other people you know. Some of your services will be paid for out of your budget. Your Facilitator helps you find and hire the right people to support you and to decide how much they should be paid. The Facilitator makes sure everyone you hire is qualified and that you don't spend more money than you have in your budget.

- The money in your budget is sent to a FINANCIAL MANAGEMENT SERVICE

YOU CHOSE THE FMS. When your plan is finished and your services and supports are in place the regional center sends the money in your budget to a Financial Management Service, or FMS. The money is given to the FMS to protect you from having to pay taxes and from being sued. The FMS takes care of paying taxes and insurance and makes sure the people working for you don't have criminal records. The FMS does not tell you how to spend your money. The FMS keeps your money safe and pays the people you hire. The FMS keeps track of how much you spend. You pay for the FMS out of your budget.

### ***When can people get Self-Determination?***

- Self-Determination will not be available until California gets a FEDERAL WAIVER

Getting a federal waiver allows the state to get back some of the money spent on Self-Determination services. The state has until December 2014 to apply. After the waiver is approved regulations have to be written. So Self-Determination is probably at least a year away.

### ***What can people do now?***

Let your service coordinator know that you want Self-Determination and have it put in your IPP. The Department of Developmental Disabilities (DDS) is responsible for applying for the federal waiver. Call DDS at **(916) 654-1690** and tell them to act quickly. You can also participate in the regulation drafting process by giving feedback during mandatory public hearings.