

INTRODUCTION TO THE SELF-DETERMINATION TRANSITION PROCESS

Created by Expand Yu LLC





YOUR PLANNING TEAM

Friends &
Family

RC
Coordinators,
Social Workers

Service
Providers

Teachers,
Tutors

Doctors,
Therapists

*anyone who
knows you well*

If someone wanted to write a story about you, who would you want them to talk to?

People on your team can contribute directly during planning meetings, via email or letters, or through surveys prepared by your facilitator.



ENTERING SELF-DETERMINATION OVERVIEW

STAGE	STAGE	STAGE	STAGE	STAGE
01 UNDERSTANDING SELF-DETERMINATION	02 CREATING THE PERSON-CENTERED PLAN	03 GETTING A CERTIFIED BUDGET	04 CREATING A SPENDING PLAN	05 ONBOARDING WITH AN FMS
Learn about the <i>possibilities</i> and the responsibilities of the Self-Determination Program.	Point out the most important <i>problems</i> and dreams you want to work on in SDP.	Work with your Regional Center to figure out how much money you will be able to spend in SDP.	Decide what supports and services you want to spend your money on in SDP.	Sign up with your FMS of choice and get all your supports and services signed up too.
				

SDP TRANSITION TIMELINES



PCP Creation

Planning & creating the PCP document with your IF



Certified Budget

Your Regional Center team creates a budget according to your needs and goals



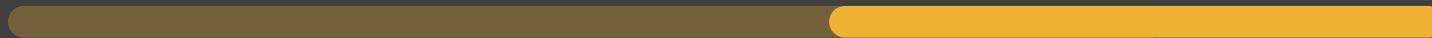
Spending Plan

You and your IF will create a plan to make the most of your budget funds to meet your needs in SDP



Finding Providers

Identifying providers in your community that can meet your needs



FMS Onboarding

Find and sign up with an FMS agency and get your service providers signed up and ready to work.



Finalize SDP Start

Complete final paperwork with FMS and Regional Center for your SDP Start Date.



SDP IPP

Your Regional Center team will incorporate your PCP and spending plan into your new IPP to prepare for your first year of SDP



M1

M2

M3

M4

M5

M6

M7

M8

M9



THE PERSON-CENTERED PLANNING PROCESS

STEP 1

PRE-PLANNING

- ❖ Understanding your current life and services & supports.
- ❖ Collecting information from your support team, friends, and family.
- ❖ Learning what is urgent and what is important.

1 – 2 Weeks

STEP 2

PLANNING SESSIONS

- ❖ Diving deeply into the most important issues and dreams
- ❖ Creating clear goals for your first year of Self-Determination

2 – 5 Weeks

STEP 3

PLAN CREATION

- ❖ I bring together all the information we collected into a single document: your Person-Centered Plan

1 – 2 Weeks

STEP 4

PLAN REVISIONS

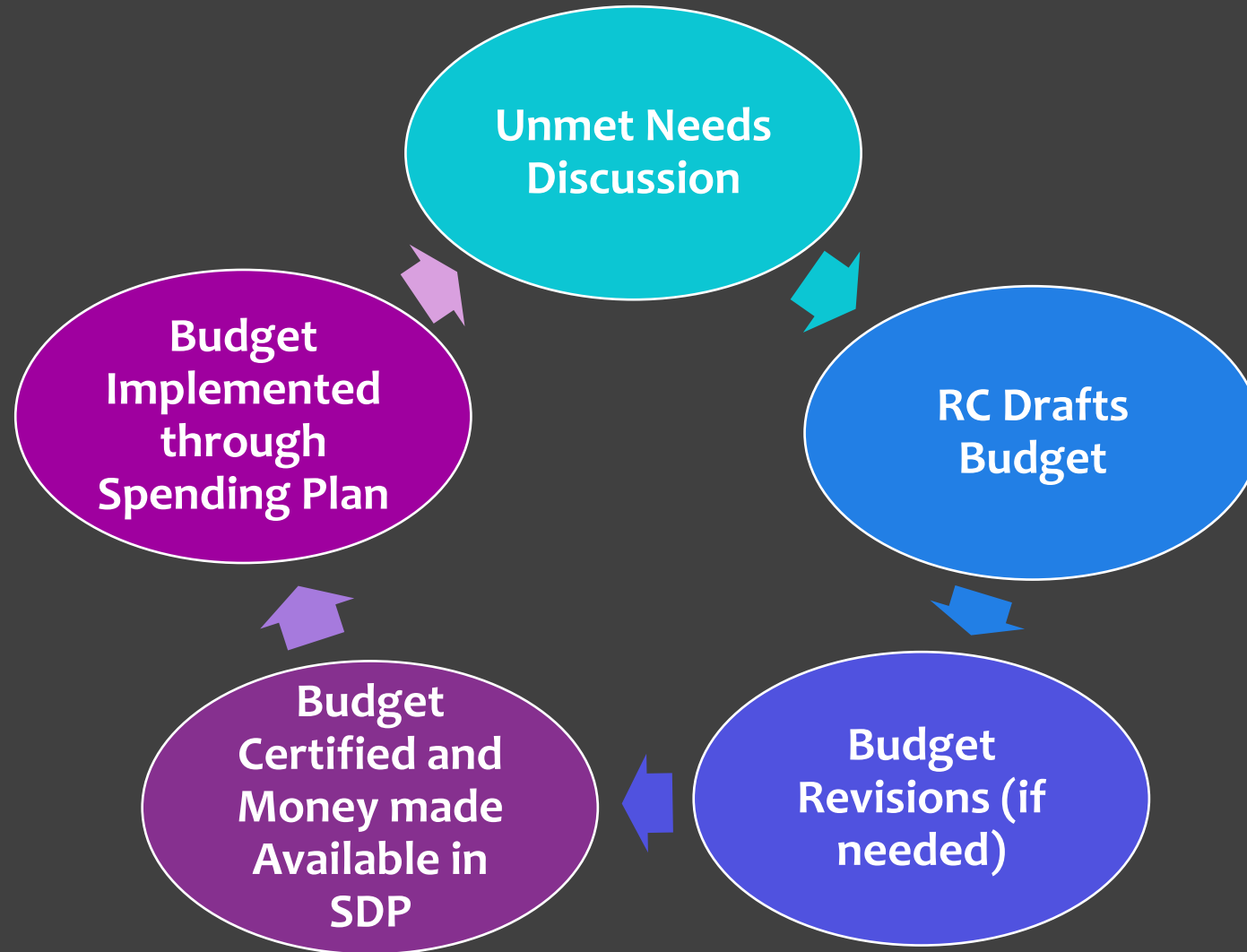
- ❖ You and your support team review the document and provide feedback and ideas for how it can be better
- ❖ I make changes to the plan to make it better

1 – 3 Weeks



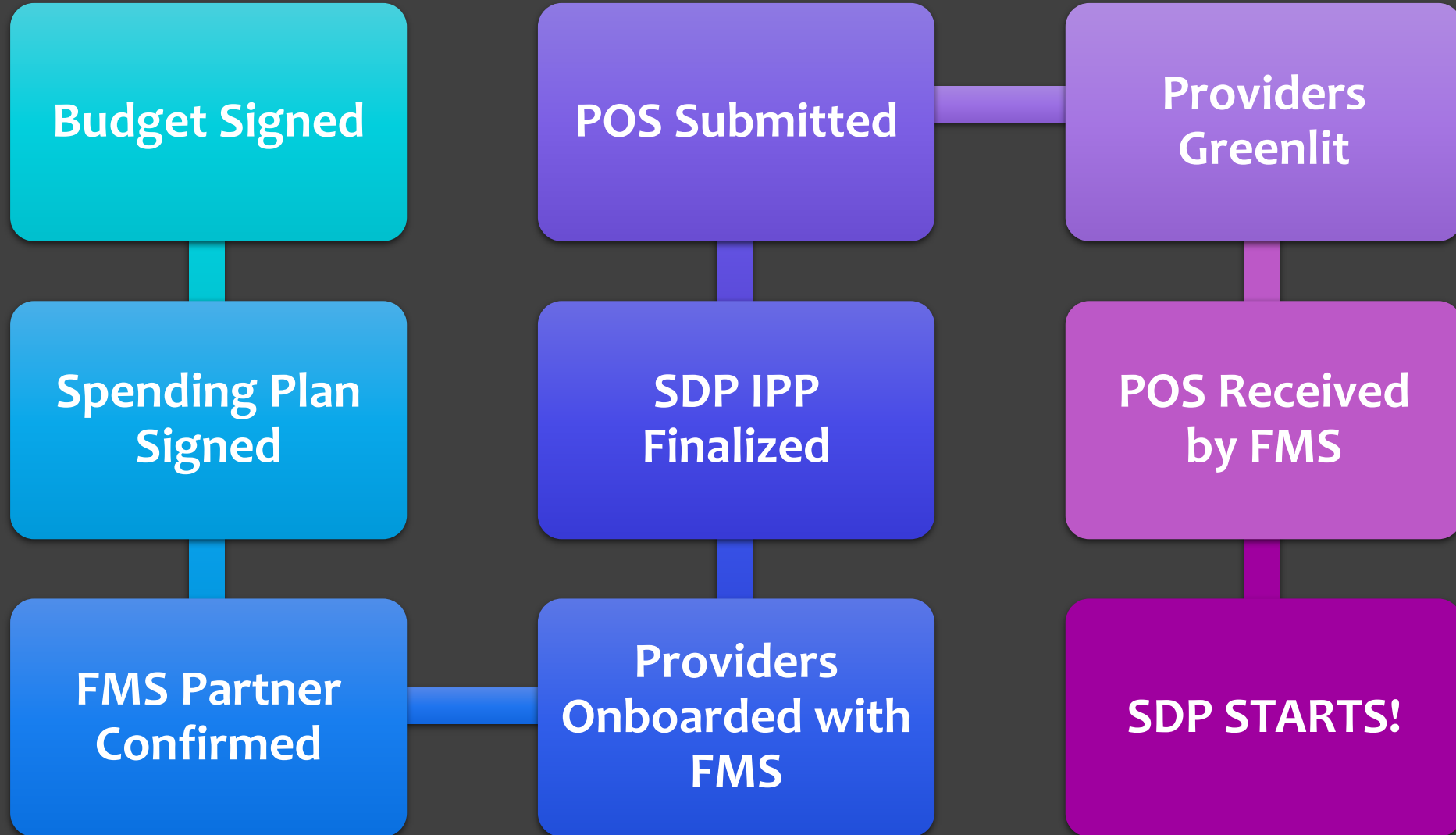
THE BUDGET CYCLE

This cycle is repeated each SDP year, or if there are changes of circumstance and new unmet needs.





FINALIZING SELF-DETERMINATION





SELF-DETERMINATION MODELS & FMS



Bill Payer

- No Direct Employees
- Hire businesses, agencies, or independent contractors
- No additional costs.



Co-Employer

- The FMS hires employees you choose
- Your FMS handles payroll, taxes, benefits, insurance, etc.
- Employer burden must be factored into spending plan.



Sole-Employer

- You hire employees yourself
- Your FMS handles payroll and taxes
- You may need to choose benefits and worker's comp. insurance
- Employer burden must be factored into spending plan.
- Most customizable
- Most responsibility



YOUR TRANSITION **SUPPORT FUNDING** (OPTION A)

Regional Center Funded Supports for Starting Self-Determination

Person-Centered Planning Services and Transition Supports
(up to \$2500 total, available for all RCs)

Pre-Planning

Planning Meetings

Document Creation

Individual Budget

Spending Plan

FMS & Provider Onboarding



YOUR TRANSITION **SUPPORT FUNDING** (OPTION B)

Currently Expand Yu can only offer this option for Alta California Regional Center Clients

Person-Centered Planning Services
(up to \$1000)

Transition Supports
(up to 40 hours at **DDS set rate**)

Pre-Planning

Planning Meetings

Document Creation

Individual Budget

Spending Plan

FMS & Provider Onboarding

ONGOING SDP FACILITATION (AFTER STARTING SDP)

- After starting Self-Determination it is recommended that you have ongoing support from a trained Independent Facilitator for at least the first 1 – 2 years of SDP
- Your Independent Facilitator can help with:
 - Changes to your life & Person-Centered Plan
 - Changes in Providers or the amount of money assigned to them in your Spending Plan
 - Updates to your Budget due to changes in your needs
 - **Renewal for Year 2 of SDP** which includes a new Budget, new Spending Plan, and new SDP IPP
- Ongoing support from an IF is paid through the SDP Spending Plan.
 - Cost varies between different Facilitators.
 - Expand Yu charges \$120 / hour for ongoing facilitation.

DETERMINING IF EXPAND YU IS THE RIGHT FIT FOR YOU

Created by Expand Yu LLC



ABOUT MY PERSPECTIVE





MY STYLE OF TRANSITION SUPPORTS

The best results come from working with someone who aligns with your needs. A lot about this process is customized to individual participants, but here is a bit about **my style and approach**.

Communication	Person-Centered Planning	Collaboration	Budget / Spending
<ul style="list-style-type: none">▪ Scheduled meetings via MS Teams or by phone▪ Other communication by email or text message▪ No unscheduled phone calls (please leave a voicemail)	<ul style="list-style-type: none">▪ Centered around the participant's interests▪ Holistic – looks at all aspects of life and how they interact▪ Finding solutions that address multiple needs at once▪ Maximizing the participant's autonomy▪ Zooming in on what will make the biggest difference in the next 12 months	<ul style="list-style-type: none">▪ I am your partner in advocacy, I can provide language, context, and experience but RCs listen most when clients and their families speak up rather than to a third party▪ I am a consultant and a project manager first and foremost – my role is to guide and prompt▪ I can help with SDP paperwork, but you must review and sign▪ Keep me in the loop! I can't address what I can't see.	<ul style="list-style-type: none">▪ Advocating for participants to receive fair budgets that address their needs▪ “How do we make the most out of limited funds with the new flexibility of SDP?”▪ As much as possible, let's tackle the root challenges rather than trying to spread our funds too thin.▪ How do SDP funds impact use of personal funds?

I cannot directly assist with obtaining generic resources like IHSS, SSI, SSDI, Medi-Cal, CSS, or services through the IEP.

MORE TO COME

This guidebook is a work in progress.

If there are additional graphics or diagrams you would like to see added, please contact Expand Yu at SDP@expandyu.com

