

SELF DETERMINATION PROGRAM: AN EXPLORATION

Strengths

In the Self Determination Program, it is possible to:

- Be *responsible* for coordinating your own services and supports, and plan for emergencies.
- Find your own staff, and determine the wages and benefits they will receive
- Establish and monitor measurable goals and objectives on an annual basis
- Have *authority* to use the Certified Individual Budget efficiently to pay for the *supports* you need
- Use supports, services, and staff that are not vendored or available in RCEB Traditional Model
- Be the focus of every support and service you put in place
- Modify Spending Plans and, when necessary, Individual Budgets throughout the year if your circumstances change.

Considerations

When choosing to participate in the SDP, remember:

- To get the support you need you should create a Circle of Support team of family, friends, paid assistants, and others in the community
- You and your Circle of Support team may be responsible for negotiating terms of service
- You and your Circle of Support team should familiarize yourself with budgeting funds & managing calendars
- Services and supports you would like in SDP are not obligated to contract with you
- You and your Circle of Support team may be responsible for finding, training, and managing your supports, services, and staff, which can be time-consuming or challenging
- Finding an FMS that meets your needs may take some time
- Depending on your choice of FMS, you may be responsible for being familiar with wage and labor laws, potentially increasing your liability.

Opportunities

By participating in SDP, you create an opportunity for:

- Increasing self-empowerment by having greater control
- Gaining management skills
- Fostering creativity regarding how you are supported
- Constructing a support network that is reliable and dependable
- Exercising *freedom* for choosing supports, services and staff, ultimately creating a better quality of life
- Creating the potential to increase the wages of your providers in your Spending Plan
- Learning everything revolving around the supports you need
- Working directly with service providers to create an inclusive community for yourself and others
- Pioneering a new service delivery model.

Supports

With all to consider when choosing to participate in SDP, remember the supports for your successful transition include:

- Your RCEB Case Manager, who is an important advocate and resource
- Your choice of agency to provide services you need
- Financial Management Services providers that best meet the amount of management you want
- Independent Facilitators who can work with you to find, manage, and monitor your supports and services
- SDP coaches or specialists to help with your transition into SDP
- RCEB SDP Local Advisory Committee, which is made up of self-advocates and parents who work to brainstorm ways to make SDP accessible and successful.