

SELF-DETERMINATION — THE BASICS ...

WHAT IS SELF-DETERMINATION?

Self-Determination (SD) is an idea that came from people with developmental disabilities and their families who wanted more control over their supports and services. While SD can be achieved in many ways, one important way is through a new option offered by the Office of Mental Retardation and Developmental Disabilities (OMRDD) called the *Self-Determination Pilot Project*.

It's about personal choice. People in OMRDD's *Self-Determination Pilot Project* decide, with friends and family, what they want to do. They identify the supports they will need. Together they decide who to interview and hire to assist them, and they provide training to those they hire. They arrange their own service schedules. This is often called ***self-directed services***.

The *Self-Determination Pilot Project* is also about flexible funding. Individuals actively manage their own budget using a new waiver service called ***Consolidated Supports and Services (CSS)***. The person authorizes payment for the supports and services they've chosen. Participants agree to use their budgets safely and wisely, but they are in control.

IS SD A GOOD MATCH FOR YOU?

Look First ... think about these points before you leap ...

To enroll in SD, an individual will have to have a clear idea about his or her major life goals. For example, if you're that person you should know:

- How, where, and with whom you want to live.
- What work, volunteer, or other activities interest you.
- How you want to spend your free time (days, nights, weekends).

SD is best-suited for individuals and families who are willing to take on:

- More self-direction.
- More control of their lives.
- More responsibility.



HOW DO YOU BEGIN?

To participate in the *Self-Determination Pilot Project*, here is what you would need to do:

1. Form a ***circle of support***. (A circle of support is made up of people from your everyday life who you trust and can depend on for help.)
2. With the help of your Circle, develop a ***person centered plan*** that tells what you want to do.
3. Identify the supports and services you will need.
4. Create an ***individualized budget*** to pay for your supports and services.

HELP IS AVAILABLE!

Funds are available to pay for someone to help you with the application process. This person is called a ***Start-up Broker***.

A directory of start-up brokers who are located in your area can be obtained by:

- Contacting your local OMRDD district office (DDSO) - see back panel for telephone numbers,
- Visiting the NYS Self-Advocacy Assn. website at www.sanys.org, or
- Calling OMRDD at 518/474-4904.

HOW ARE SERVICES PAID FOR?

For each person approved for SD, an individualized budget, called a ***personal resource account***, is set up.

Money from this account is used to buy supports and services traditionally provided by agencies.

The **approved participant** works with a ***fiscal intermediary*** — which is an accounting service — to hire staff and pay other bills from this account.

POTENTIAL REWARDS

Self-Determination may help make it possible for you to discover and share more of your natural gifts and talents — by forming new friendships, working or volunteering in your community, and living more independently.

FIND OUT MORE

If you or someone you know is interested in OMRDD's *Self-Determination Pilot Project*, you should contact the Self-Advocacy Association of New York State or a DDSO staff liaison at one of the phone numbers listed on the back.

The Self-Advocacy Association or a DDSO representative can answer your questions, help you figure out if SD is right for you, and assist you through the application process.