

**THE FIVE PRINCIPLES
OF
SELF-DETERMINATION**

Freedom to control your life. You decide where you want to live, whom you want to live with, how you will spend your time, and who will support you.

Authority to control a budget so you can purchase services and supports that you choose.

Support to organize resources and staff, so you can live the way you want to.

Responsibility for the wise use of public money.

Confirmation of the important role that you have to make decisions in your own life .

***Your Local Advisory Committee
Meeting Information:***

The Valley Mountain Regional Center Self-Determination Advisory Committee meets monthly at the Valley Mountain Regional Center in Stockton. The Valley Mountain Regional Center is located at 702 North Aurora Street Stockton, CA 95202.

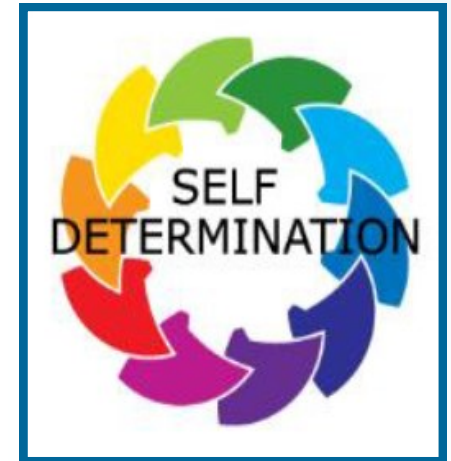
Meeting notices and information are posted at www.vmrc.net and www.scdd.ca.gov/northvalleyhills.htm



For Statewide Self Determination Advisory Committee meeting information go to www.scdd.ca.gov

SELF-DETERMINATION

***WHAT IS IT, AND IS IT
FOR ME?***



A NEW OPTION

Governor Brown signed Self-Determination into law in 2013 so everyone receiving regional center services will be able to choose Self Determination, if they want.

What is Self-Determination? It gives you the chance to choose the services and supports that help you have the kind of life you want!

How can I get Self-Determination? Self-Determination will not start until California gets federal approval. Once it starts, it will be phased in slowly for three years, and then opened to everyone that wants it.

How does it work? Right now, the regional center spends money to buy services for you. With Self-Determination, you get to use that money to buy the

Services you want. First you develop a person centered plan. Then you develop a budget that says how you would spend the money to make your plan work. Your person-centered plan and your budget must be approved by your Individual Program Plan (IPP) team.

Will I get money from my Regional Center? You would not get to hold the money yourself. Your regional center would give the money to what is called a Financial Management Service (FMS). The FMS is a little like a bank, because it holds the money for you and pays the bills for services you purchase.

How much money would I get? You would get as much as the regional center paid for your services in the last year. If your needs change, the budget can change.

What can I buy with my Self-Determination money? With your individual budget you could choose to buy some or all of your current services, or you could choose to buy something different. It is your choice!

Who can I buy services from? You can buy services and supports from any provider agency, community business, or person who can help you meet your goals. You don't have to use an agency, because you could hire and manage your own workers. The FMS would help you by paying the bills for those services and paying your workers.

There is a lot to do to make a plan, a budget, and manage my own services. Is there someone who can help me? With Self-Determination, you get to choose the people who help you. You can ask friends and family to help . You could pay a facilitator to help you identify your needs, develop a plan to meet those needs, find services, and be your advocate. You get to choose your FMS.

What if I don't want the Self-Determination option? Self-Determination is voluntary. No one has to do it!