

Self-Determination Program

Presented by Cathy Furukawa, Self-Determination Program Coordinator
Board of Directors' Training
Thursday, October 7, 2021

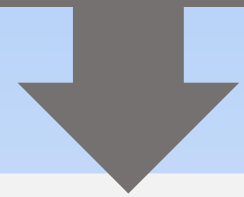
Good evening. As a first-time presenter to the Board, I wanted to introduce myself.

I was hired as a Service Coordinator in 2007...

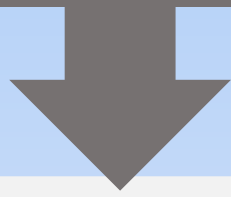
PRESENTATION OVERVIEW

- What is the Self-Determination Program (SDP)?
- How is SDP different from traditional regional center services?
- The process of enrolling in SDP.
- Challenges with program implementation.

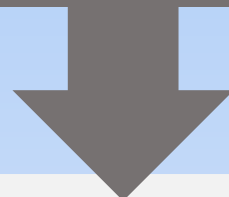
HISTORY OF SELF-DETERMINATION



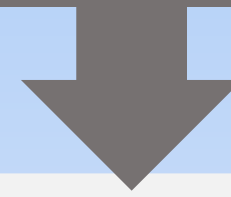
**1998
SDP PILOT
PROJECT**



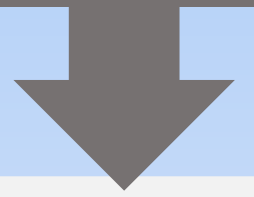
**2013
SDP
LEGISLATION**



**2018
WAIVER
APPLICATION
APPROVED**



**2018
INITIAL
PARTICIPANTS
SELECTED**



**July 1, 2021
SDP OPEN TO
ALL ELIGIBLE**

WHAT IS SDP?

SDP also includes principles of Person-Centered Thinking.

- Participants are offered more choice, control, and responsibility.
- Participants can tailor services and supports that fit their life and needs.
- Participants have control over how their budget is spent over a 12-month period. (List of possible services: massage, acupuncture, etc.)

HOW IS SDP DIFFERENT?

Traditional Services

- Person-centered planning
- Regional Center Service Coordinator
- Individual Program Plan (IPP)
- Vendored providers and/or participant-directed services

SDP Services

- Person-centered planning
- Regional Center Service Coordinator
- Individual Program Plan (IPP)
- Vendored and/or non-vendored providers
- Individual budget
- Independent Facilitator (optional)
- Use of Financial Management Service (FMS) required

KEY CONSIDERATIONS

- ✓ It is a voluntary program.
- ✓ It is an alternative way to receive services from the Regional Center.
- ✓ Participants must live in and receive services in the community.
- ✓ Services and supports need to align with individual goals.
- ✓ Services purchased must meet federal program requirements.

What are the steps to participate in SDP?



PAYING FOR SDP SERVICES

- The Individual SDP budget is the amount of money participants have to spend for services over 12 months.
- Cost neutral. The SDP budget should reflect the amount of money that would have been spent in traditional services.
- It is based on the amount the regional center spent for services in the last 12 months but can be changed if needs change.
- Participants create a Spending Plan which RCOC reviews to ensure services purchased meet federal program requirements.
- Participants work with a Financial Management Service (FMS) agency that will pay for services as outlined in the Spending Plan.

REPORTED BARRIERS TO ENTERING SDP

- Due to COVID-19, some participants and families have elected to delay start of the program.
- The program is time intensive and requires more work from participants and family members.
 - Identify service providers.
 - Establish rates of pay and job responsibilities (within the budget).
 - Schedule services.
 - Update Spending Plan if there are changes in services.

DELAYS **ENTERING** SDP – REQUESTING NEW SERVICES

- Prior to entering SDP, families are requesting new services. If approved --although the service will never be used-- they will have a bigger SDP budget.
- New services are an exception to the 12-months of expenditures; new services are added to the SDP budget at the authorized amount.
- For example, all the clients of one Independent Facilitator request employment support at \$27 per hour. This rate is only for those individuals who are seeking competitive employment. Prior to SDP, this need was not identified. Planning Team meeting is scheduled; RCOC unable to support the request/Notice of Action; Fair Hearing process.

- Goods and services that cannot be approved:
 - Those that do not comply with HCBS Final Rule
 - Those that are not related to the disability
 - Experimental Treatments
 - Those that are available through a generic resource
- Requests from RCOC's SDP families include:
 - Sauna installed in the family home
 - \$3,000 trampoline
 - \$2,500 for toll road use
 - \$1,000 treadmill
 - \$200 razor scooter
- Requests from other RCs' SDP families include:
 - Peloton bikes
 - Swimming pools
 - Vehicles for personal use

SAMPLE SPENDING PLAN – MEETS PROGRAM CRITERIA

Budget Category/Description/Providers	Service Code	Allocated Amount	Service(s) To Be Purchased - Breakdown services by units and rate. The rate must include payroll costs. Example: 5 hours per month at \$20.00 per hour.
Living Arrangement (310 - 330)			
Respite (Individual and Agency) In -home	310		
Respite Facility - Out-of-Home	311		
FMS Fiscal/Employer Agent	317	\$ 1,200.00	\$100/month for 12 months
Community Living Supports (Ind and Agency)	320	\$ 6,162.00	Independent Living Skill Specialist (vendor): \$39.50/hour, 171.9 hours
Residential Facility	321		
Employment & Community Participation (331 - 355)			
Community Integration Supports	331	\$ 14,412.15	1) Self-esteem course: \$112.75/unit, 52 units 2) Community rehabilitation staff for travel: \$338.35 per year 3) Personal trainer assistant: \$67.70/week, 52 weeks
Individual Training and Education	334	\$ 6,401.20	1) Graphic design class: \$45.10/hour, 52 hours 2) Editing class: \$169/session, 24 sessions
Employment Supports	335	\$ 4,160.00	Executive Coach: \$80/week, 52 weeks
Non-Medical Transportation	338	\$ 6,076.20	1) UBER: \$100/week, 52 weeks 2) Trips: \$16.85/week, 52 weeks
Prevocational Supports	339	\$ 7,035.60	Communication support Specialist: \$135.30/week, 52 weeks
Independent Facilitator	340		
Health and safety (356 - 399)			
Acupuncture Services	357	\$ 3,120.00	\$60.00/week, 52 weeks
Family/Consumer Training	366	\$ 3,080.32	Conference/workshop for participant and parents
Dental Services	367	\$ 200.00	Dental deep cleaning: \$100/visit, two visits
Speech - Hearing and Language	372		
Chiropractor	373	\$ 720.00	Alternative chiropractive manipulation: \$60.00/month, 12 months
Massage Therapist	374		
TOTAL:		\$ 52,567.47	

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SAMPLE SPENDING PLAN 2 – NEED MORE INFORMATION

Budget Category/Description/Providers	Service Code	Allocated Amount	Service(s) To Be Purchased - Breakdown services by units and rate. The rate must include payroll costs. Example: 5 hours per month at \$20.00 per hour.
Living Arrangement (310 - 330)			
Respite (Individual and Agency) In -home	310		
Respite Facility - Out-of-Home	311		
FMS Co-Employer	316	\$ 1,980.00	\$165/month, 12 months
FMS Fiscal/Employer Agent	317		
Community Living Supports (Ind and Agency)	320	\$ 28,240.09	1) Support Staff: \$41.13/hour, 360 hours/year 2) Support staff: \$35.26/hour, 216 hours/year 3) Support Animal: Vet Care (\$2,632), Food (\$560.13), Grooming (\$425), Medicine (\$400), Training (\$1,800)
Employment & Community Participation (331 - 355)			
Community Integration Supports	331		
Technology Supports	336	\$ 1,500.68	1) Headphones: \$600.56 2) Internet Safety: \$900.12
Health and safety (356 - 399)			
Family/Consumer Training	366	\$ 2,609.34	1) Conferences: \$1,213.45 2) Publications/Literature: \$1,395.89
Family Support Service	378		
		TOTAL: \$ 34,330.11	

SDP, in the absence of regulations, has created conflict between families and regional centers

- Advocates and community-based organizations, e.g., ICC and DVU, have misrepresented SDP to families.
- Accordingly, families believe that they can spend tax payer dollars however they please. There has been a frenzy to add services in an effort to get more money to spend once in SDP. This has led to an increase in service denials as the requests for service are based on want not need.
- Misled families do not acknowledge that the program is part of the Lanterman Act and that all principles of stewardship still apply.
- Families are focusing on the SDP statement about freedom and ignoring the statement about responsible spending.
- Regional centers are required to review spending plans for compliance with HCBS Final Rule, utilization of generic resources and prohibition of experimental treatments.
- When RCOC follows the law on SDP, RCOC is criticized for being micro-managers and accused of being obstructionists to SDP.

WIC 4685.8(n)(1)(a)(ii)(II) The regional center certifies on the individual budget document that regional center expenditures for the individual budget, including any adjustment, would have occurred regardless of the individual's participation in the Self-Determination Program.

Going forward with SDP

- The Regional Center system experienced similar growing pains when Supported Living was introduced.
- After many years of availability, only a small percentage of persons served have found this living arrangement to be desirable, successful and safe. We expect that the same will be true in SDP.
- The Lanterman Act is here to provide individualized services to meet individual needs. One size has never fit all and it never will.
- RCOC is committed to helping all families and people served achieve their goals and dreams by maximizing all services and supports available to them from all funding sources.

Thank you.

Questions?