

## Self-Determination Advisory Committee:

Each regional center, along with the State Council, has established a local volunteer committee to provide oversight of the Self-Determination Program. The role of this committee is to:

- Review the development and ongoing process of the program
- Offer recommendations for ongoing improvement
- Collaborate with the regional center to conduct outreach and provide training about the Self-Determination Program

If you would like to be part of the planning of this new delivery of services, provide input on how you would like to see the program develop, and share your ideas with us to better shape the program moving forward, please join us at meetings. Contact your local regional center below for details on meeting times.

### Far Northern Regional Center

1900 Churn Creek Road  
Redding, CA 96002  
(530) 222-4791

-or-

1377 E. Lassen Avenue  
Chico, CA 95973  
(530) 895-8633



“Helping realize the hopes and dreams of those we serve”

–Former FNRC Director, Laura Larson

“All individuals, regardless of ability, have the right to access the basic elements that make-up a good life, beginning with: family, independence, personal responsibility, and freedom of choice.”

–Former DDS Director, Santi J. Rogers



Freedom

Authority



Responsibility

Support



Confirmation

# The Self-Determination Program



## The Self-Determination Program

“Self-Determination” means a voluntary delivery system consisting of a defined and comprehensive mix of services and supports, selected and directed by a participant through person-centered planning, in order to meet the objectives in his or her IPP.

The program is based on beliefs that people plan their own lives and make their own decisions, determine how funding is spent for their services and supports, plan and choose their own formal and informal supports, take responsibility for the decisions made, and validate those decisions through maintaining ongoing control.



## The Five Principles of Self-Determination

**Freedom** to exercise the same rights as all citizens; to establish, with freely chosen supports, family and friends, where they want to live, with whom they want to live, how their time will be occupied, and who supports them;

**Authority** to control a budget in order to purchase services and supports of their choosing;

**Support**, including the ability to arrange resources and personnel, which will allow flexibility to live in the community of their choice;

**Responsibility**, which includes the opportunity to take responsibility for making decisions in their own lives and accept a valued role in their community, and,

**Confirmation**, in making decisions in their own lives by designing and operating the service that they rely on.

## The Regional Center’s Role

To establish, along with the State Council, a local volunteer advisory committee, collaborate with others to conduct outreach and training, vendorize financial management service providers, support the team in understanding what services are eligible for funding, and support the participant to be healthy and safe.

## Service Coordinators’ Role

Many current responsibilities will remain the same. Additional responsibilities will be to:

Help establish an individual budget by taking into consideration changes in circumstances or unmet needs, use the person-centered planning process in the development of the participant’s Individual Program Plan, and coordinate with an independent facilitator, if chosen.

## Independent Facilitator Role

A person who assists the participant in making informed decisions about individual budget that is consistent with the participant’s IPP, identifies needs and develops options to meet those needs, advocates on behalf of participant in the person-centered planning process and development of the IPP, receives training in the principles of self-determination, the person-centered planning process, and the other responsibilities at his or her cost.