

# Self-Directed Services Newsletter



*"I don't have to sit inside of a box. I'm not looking at the consumer and his family to see what policies they fit into. I can listen to their needs and don't have to tell them their options are limited."*  
Regional Center Service Coordinator

December 2005

Volume 1, Number 1

## Feature Article

Self-Directed Services  
Legislation

## Updates

- SDS Waiver Update
- Regulations Update
- Training Update
- Stakeholder Update
- Orientations
- Frequently Asked Questions
- Resources

## Category of Links

[www.dds.ca.gov](http://www.dds.ca.gov)  
Go to our website for the  
most up to date  
information on Self-  
Directed Services.

## Self-Directed Services Legislation



Legislation which represents the first major step toward realization of the Self-Directed Services (SDS) program was signed by the Governor on July 19, 2005. Once implemented, this new service option will provide eligible consumers the means to experience more control over their daily lives and determine how best to utilize available resources. The Department of Developmental Services (DDS) looks forward to working with all consumers, family members, regional centers, area boards, and other interested parties to achieve full implementation of this program.

Full implementation is dependent upon approval of Centers for Medicare & Medicaid Services (CMS) SDS Waiver and completion of regulations for the program. Consumers, other than existing pilot participants, will not be eligible to enroll in the program until both the Waiver and Regulations development are completed.

Current pilot participants from Redwood Coast, Tri-Counties, Eastern Los Angeles, Kern, and San Diego Regional Centers may continue under existing guidelines; however, the pilot regional centers cannot add new participants. The full text of the authorizing statute (Assembly Bill 131) is available on our website at [www.dds.ca.gov](http://www.dds.ca.gov).

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## Self-Directed Services Waiver Update



- DDS is working closely with the Department of Health Services (DHS), the single state agency responsible for all California waivers. DHS will assist DDS with the submission of a final application to CMS. DDS is in the process of drafting the Waiver application that is consistent with a new waiver application format provided by CMS.

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## Regulations Update



- A formal rulemaking package, which must be submitted to the Office of Administrative Law (OAL), is the first step in the development of state regulations.
- Prior to its submission, stakeholder meetings will be convened in Sacramento in order for DDS to obtain input on the draft regulations.
- Additional opportunities to provide input to the regulations will be available during the formal regulation public hearing comment period.
- Information regarding the formal rulemaking process can be found at OAL's website: [www.oal.ca.gov](http://www.oal.ca.gov).

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## Training Update



The Oregon Technical Assistance Corporation (OTAC) is spearheading the effort to develop SDS program staff training. The SDS Training Subcommittee includes representatives from each pilot regional center, DDS, and OTAC. The primary goal of the Subcommittee is to use the knowledge accumulated during pilot operation to develop various staff training modules. An underlying goal is to include necessary information that will enable regional center staff to provide orientation to interested consumers and training to participants in the SDS program. Over a four month period, Subcommittee members have reviewed draft training modules, shared respective pilot participant input, and collectively provided valuable insight.

Information gathered from the Subcommittee will be used as a baseline for the training curriculum design that will be shared with regional centers and consumers who did not participate in the Self-Determination Pilot Projects. The curriculum intends to include description of areas in relationship to the SDS program such as person-centered planning, individual program plan management, supports broker, financial management services, participant protections (health and safety), and quality monitoring. Plans currently include development of follow-up courses to the initial staff core training, with components to address individualized regional center needs.

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## Stakeholder Update



### Association of Regional Center Agencies (ARCA)

- ✚ In July 2005, DDS was invited to participate in regular teleconference meetings sponsored by the Association of Regional Center Agencies (ARCA). The purpose of these ongoing discussions is a mutual exchange of information, recommendations, and ideas regarding development of the SDS program.

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## People First of California Association, San Francisco Chapter

✚ On August 12, 2005, People First of San Francisco conducted a forum on SDS; forum co-sponsors included Area Board V, Golden Gate Regional Center, and Service Employees International Union (SEIU). The forum consisted of a keynote address to consumers, providers, and other advocates by Peggy Collins (Senate Select Committee on Developmental Disabilities and Mental Health) regarding the SDS program, followed by audience questions on the new program addressed to a panel consisting of the following individuals: Peggy Collins; James Shorter, Executive Director, Golden Gate Regional Center; Yvonne McCuistion Tucker, Chief, Services and Supports Section, (DDS); Nick Feldman, Consumer and Self Vendor; Joe Nelson, Self-Determination Pilot participant, Redwood Coast Regional Center. DDS received vital and enthusiastic input from both the audience and panel members regarding significant SDS program features.

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## Orientation Schedule (getting out the word ....)

In an effort to provide information and get the word out about the SDS program, DDS has conducted a series of orientations to the regional centers to help familiarize their staff.

### Regional Centers

- ✚ 09/20/05 Tri-Counties Regional Center
- ✚ 09/21/05 South Central Los Angeles Regional Center
- ✚ 10/13/05 Eastern Los Angeles Regional Center
- ✚ 10/25/05 Kern Regional Center
- ✚ 10/27/05 San Diego Regional Center
- ✚ 11/14/05 Central Valley Regional Center

### Consumer/Provider Organizations

- ✚ 05/06/05 People First of California, Stockton
- ✚ 06/09/05 Supported Life Conference
- ✚ 07/09/05 People first of California, San Diego
- ✚ 07/13/05 Area Board, Fairfield
- ✚ 07/22/05 People First of California, Sacramento
- ✚ 08/12/05 San Francisco People First Forum
- ✚ 10/7/05 Supported Life Institute Conference
- ✚ 10/26/05 Pride Teleconference
- ✚ 10/27/05 San Diego Vendor Coalition
- ✚ 11/15/05 Consumer Advocates Conference
- ✚ 11/18/05 Asian and Pacific Islander Disability Conference

*To request an orientation or information about the SDS program, please contact Gina De La O of DDS's Services and Supports Section at (916) 651-7705, or by email [gdelao@dds.ca.gov](mailto:gdelao@dds.ca.gov).*

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## Frequently Asked Questions



DDS has gathered the most frequently asked questions from consumers, parents, regional center staff, and others and posted them with the answers on our website. Please go to the link below to view the questions and answers.

[www.dds.ca.gov/SDPP/FAQ.cfm](http://www.dds.ca.gov/SDPP/FAQ.cfm)

We hope you will find this information helpful. Please email us if you have any additional questions regarding the Self-Directed Services program at [sdsp@dds.ca.gov](mailto:sdsp@dds.ca.gov).

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## Resources



“Partners in Education” is a six-hour, self-directed, e-learning course to help parents of children with developmental disabilities better understand and maximize the benefits of special education services and inclusion for their children that is now available. Partners in Education would like your evaluation of the course and suggestions for improvements. To access and review this course go to:

[www.partnersinpolicymaking.com/education](http://www.partnersinpolicymaking.com/education).

“Making Your Case” is a three-hour, self-directed course on how to communicate with public officials by effectively telling your personal story, writing a letter, providing testimony, and communicating in positive ways. To review the course go to:

[www.partnersinpolicymaking.com/makingyourcase](http://www.partnersinpolicymaking.com/makingyourcase)

“Partners in Employment” is a six-hour, self-directed course on how to find a job, write a resume, participate in an interview, and plan for your career. To take the course and give your comments and feedback go to:

[www.partnersinpolicymaking.com/employment](http://www.partnersinpolicymaking.com/employment).

Please take a moment to complete the evaluation. We welcome your comments and feedback.