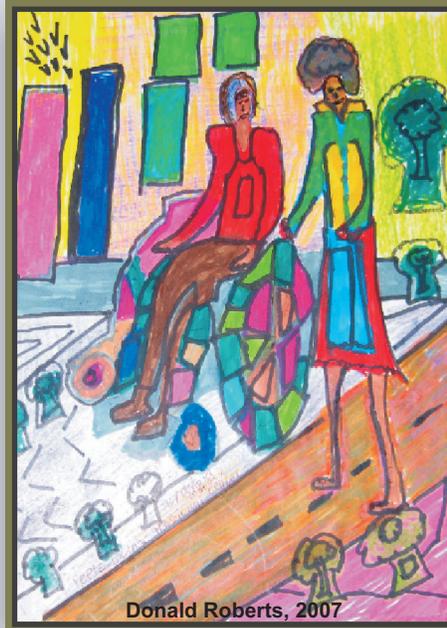


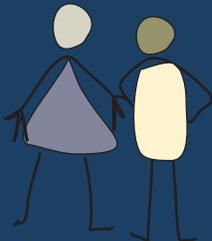


SELF-DIRECTED SERVICES

**MY LIFE
MY PLAN**



**PARTICIPANTS
AND FAMILIES**



YOU ARE IN CHARGE

California Department of Developmental Services

WHAT ARE SELF-DIRECTED SERVICES?

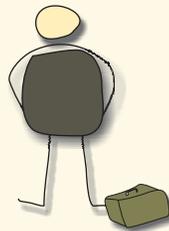
2



Self-Directed Services (SDS) is a voluntary program offered at all 21 Regional Centers.



You have an SDS Individual Program Plan (IPP) and Individual Budget to purchase services and supports.



You make choices about who provides your services and supports, including your friends, family or neighbors.



You get help from a Supports Broker and Financial Management Services to find, hire and manage service providers.

HOW CAN I ENROLL?



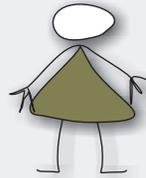
TALK

to your Regional Center to find out if you are eligible for SDS.



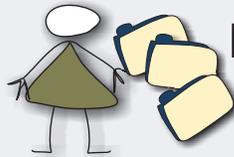
ATTEND

an SDS Orientation.



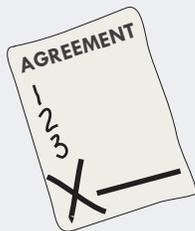
ASK

your Service Coordinator for a planning team meeting to learn about your Individual Budget (IB) amount and how to start SDS.



PLAN

your SDS IPP and Individual Budget.



START

by having your planning team meeting to complete the SDS IPP. It includes an agreement to accept participant responsibilities as part of directing your services.



WHAT CAN YOU SPEND YOUR MONEY ON?



COMMUNITY LIVING SUPPORTS:

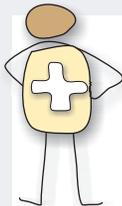
Help you manage your SDS IPP to live safely and be involved in your community.



Examples: Supports Broker, Financial Management Services, Respite

HEALTH AND CLINICAL SERVICES:

Help you meet your physical and emotional wellness needs.



Examples: Nursing, Therapy, Counseling

EMPLOYMENT SERVICES:

Help you find and keep a job.



Examples: Job development and coaching, Safety Skills, Counseling

WHAT CAN YOU SPEND YOUR MONEY ON?

TRAINING AND EDUCATION:

Help you learn new things to be more involved in your community.



Examples: Instructional classes, problem solving, learning how to be an employer

ENVIRONMENTAL AND MEDICAL SUPPORTS:

Help you meet your medical equipment and supply needs to stay safe, healthy and independent.



Examples: Wheelchairs, ramps and communication devices

TRANSPORTATION:

Help you to travel where you need to go.



Examples: Transportation services, mileage reimbursement, bus passes and vehicle adaptations

PERSON-CENTERED PLANNING

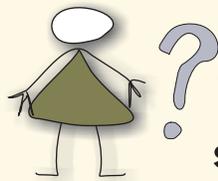
6



KEY QUESTIONS

What is important to you?

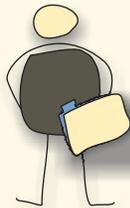
Where you live.
What you want to do.
Who you want to be with.



What kind of services and supports will you need?



How will you manage your Individual Budget?

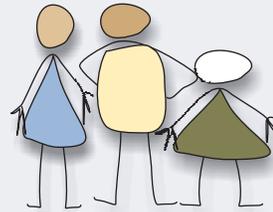


How will you direct your services and supports?

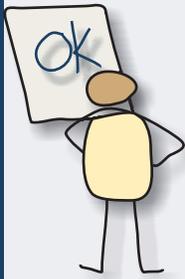
WHO CAN HELP YOU?

Regional Center Service Coordinator.

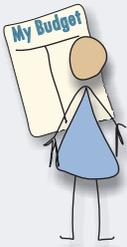
Family and friends.



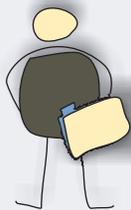
Community people you know and trust.



Supports Broker: A person you hire to help plan your SDS IPP and find services and supports.



Financial Management Services: A person or business you hire to help you manage your individual budget, pay bills and take care of paperwork.



Service Provider: A person you hire to help you live, work and participate in the community.

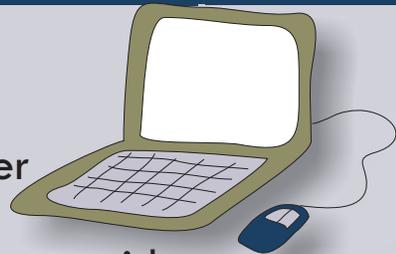
PARTICIPANT RESPONSIBILITIES

“Once I learned inclusion was a way of thinking, I was no longer enclosed in a box - the sky was the limit.”

Pat Gomez
Parent



Use a Supports Broker and Financial Management Services provider.



Use services available through SDS that are included in the SDS IPP.

Stay within the Individual Budget.

Select and hire service providers.

Have written agreements with people providing services and supports.

Regional Center Information:

