



## Self Determination Initiative

The Self Determination Initiative was approved by the Board with Jefferson County mill levy dollars for people who are 18 years or older, eligible for IDD services and live within Jefferson County. The direction to staff was to use these funds for individual/family proposals that meet the intent of self-determination and to provide a “jumpstart” to attaining their individual goals. The Board gave administration latitude to define and shape this project. This initiative has evolved and is purposely intended to be flexible and fluid in contrast to our Medicaid and State funding streams. The following are guidelines/parameters to help think through requests that best fit this initiative. Please contact Kelly King, Self Determination Coordinator, for more information.

### General themes

***Self-determination is about crafting a meaningful life in one’s community.***

Self-determination for persons with disabilities is exercising freedom and control of their lives to reach the universal human aspirations and ambitions they choose by utilizing a targeted amount of public dollars and applying these dollars to their selected services and supports, and their selected providers of those services and supports.

The challenge we have at DDRC is that we have so many individuals that don’t have basic services and needs met, rather than focusing on self-determination. There are a lot of different ways to implement a self-determination initiative. We have carved out what we believe fits the best with needs of services through DDRC and their families in the context of our service delivery system.

**These DDRC Self Determination Initiative funds are intended to help an individual receive support to reach lifelong goals.** Examples are to learn new skills to reach a goal such as a tutor to learn how to read or write, to obtain equipment or technology to start a business, non- traditional job development to get a job or short-term job coaching to keep a job, to develop music skills to play in a band, or participate in a camp to build social skills and/or self-esteem, pay for initial fees for a recreation/fitness center to start a healthier lifestyle, or hearing aides to open up a world of hearing. **A desired outcome is to help someone with “jumpstart supports” that will build on their capacity to sustain those goals over time without reliance on continued funding and services.**

A futures plan or PATH plan is also an option to consider. It is best if it occurs prior to a funding request but can occur in the few months following a request if circumstances

don't allow it upfront or the individual/family has a clear concept of where they are heading with self-determination.

DDRC considers other funding sources when making funding decisions and uses a fiscal year application/approval process with a requirement of at least annual review/reapplication for the next fiscal year.

**The following list is intended as a guideline:**

## **Supports likely to be approved**

- Person-centered Futures planning or PATH planning
- Help to learn how to access basic community resources such as the grocery store, bank, library, medical offices
- Assistance to learn a bus route
- Home modification
- Camp with specific goals
- Start up or short term technology fees
- Tuition for classes that lead to long term goals
- Tutoring or lessons that address long term goals
- Some crisis intervention to get over a hurdle that would decrease independence
- Short term activities to get or keep a job or independent living setting
- Help with learning social skills
- Self-advocacy activities
- Short term transportation costs to community integrated activities

## **Supports that likely don't fit with self-determination**

- Traditional services that can be funded through Medicaid, Medicare, or the Division of Vocational Rehabilitation (DVR)
- Gap fills to make up for waiver budget decreases or spending
- Residential services
- Emergencies
- Respite
- Vacations
- Applications from people who do not live in Jefferson County

**Questions?** Email [Kelly.King@ddrcco.com](mailto:Kelly.King@ddrcco.com)