

SELF DETERMINATION

“Responsibility-Freedom-Authority-Support-Confirmation”

Introduction

The Community Mental Health Partnership of Southeast Michigan is committed to the principles that are essential to self-determination. Self-determination incorporates a set of concepts and values that emphasize participation and the achievement of personal choice and control. There is a core belief that the individual must have the freedom not only to define the life that they seek, but also receive the necessary support in pursuit of that life. A strong emphasis is placed on developing relationships, becoming an active member of the community, participating in things that are of enjoyment and finding meaningful employment.

The five principles of Self-Determination are:

1. **Freedom:** The ability to have the **freedom** to develop a personal life plan based on your dreams and lifestyle.
2. **Authority:** The ability to have **authority** to control the resources available for your supports. This includes **authority** to decide what, who, when, where and how much.
3. **Support:** To organize resources in ways that are life enhancing and meaningful to you. Supports include personnel, both formal and informal, and resources available in your community.
4. **Responsibility:** You have a **responsibility** to use resources wisely, and to contribute back to your community in meaningful ways through your presence, efforts and your gifts.
5. **Confirmation:** Individuals should play an important leadership role in a newly-designed system.

Why is this so important?

Self-Determination is important because all too often people with disabilities have had to give up control of very basic rights in order to get the support they needed. With Self-Determination, you will be able to craft a meaningful life in your community and have control over that life. How you describe this life is up to you. You will need to identify what is important to you, how you want to live your life and what is needed to support it.

Who can do this?

This is an **option** any adult who receives services from a local affiliate of the Community Mental Health Partnership of Southeast Michigan (CMHPSM). If you want to choose the supports and services you need and which qualified persons to hire to provide those supports, Self-Determination may be right for you.

Getting Started

You, along with people you trust, will develop a person-centered plan (PCP) that reflects your vision. At this time, you will think about the different areas of your life (personal, home, employment/education and community life) and what personal and community resources you can use to make this happen.

Once your PCP is complete you will then develop an individualized budget that is reflective of your PCP. Negotiation may be needed to finalize your budget, but once it is finalized, you and your chosen supports will be given the authority over how the dollars are used. There are some basic rules that must be followed, but you will find that more options are available.

Options you can choose

You can:

Directly hire some of your supports with assistance of a fiscal

intermediary. A fiscal intermediary helps you with payroll and other employment issues. You will work with the fiscal intermediary to set up contracts of employment for all of your qualified staff. You will be the employer of record,

Or:

Choose services through an existing provider network (agencies that are contracted with your local affiliation member). These agencies will still assist you with hiring staff that you like, as well as support the principles of Self-Determination.

****You will need to determine which option is best for you.**

Crafting the life you want

As you begin this journey, you may not know where to start. The ideas listed below will assist you with crafting the life you want.



Home life

Where to live and with whom is one of the most important decisions we make. Questions to think about in this area are:

- Do you like where you live and/or with whom?
- Would you like to live in an apartment, duplex or own your own home?
- What city or town do you want to live in?
- If you do need assistance from someone, what would that look like? How many hours a day?

Education and Employment

If a person wants to further their education or start a new job, there are many things to consider.

- Do you want to take some classes or go back to school?
- Have you thought about owning your own business?
- When do you hope to retire?
- What is your dream job?
- What assistance do you need to get and/or keep a job?



Leisure & Recreation

Everyone needs free time to enjoy him or herself and be alone with friends and family. What one does with their free time is totally up to them.

Think about these questions as you develop your person centered plan:

- Do you have a personal hobby?
- Do you like to do things by yourself or with other people?
- Have you ever traveled? Would you like to take a vacation?
- Are you active in your community?
- Are you interested in joining a club/organization?

Transportation

Transportation affects all aspects of one's life; everyone should have access to it.

- Do you have a driver's license or your own car?
- Do you need help with public transportation?

- Can you safely walk or bike places you want to go?
- Do you need accessible transportation?

Environmental Technology

There are many types of equipment and special items that can help a person be more independent and safe at home and in the community. For example, some people need:

- Ramps
- Wider doors
- Special lighting
- Alarm systems
- A device to communicate or call for help when needed

Professional Services

Professional services may be provided to help someone reach their dreams and goals. These services may include:

- Occupational Therapy
- Psychiatry Services
- Nursing Services
- Psychological Services
- Counseling/Therapy
- Speech Therapy
- Nutrition Services

You may just need someone to give you ideas or they can actually do something with you. For example, an Occupational Therapist may help you make changes to your bathtub that makes it easier to get in and out of on your own.

Things to keep mind

- It is important to look for natural and community resources to support your plan and budget. **Funds from your local Community Mental Health must be used according to the Department of Community Health and Medicaid guidelines and planning must occur within the funds available for support.**
- **Anyone providing paid support must meet some basic qualifications.** This includes qualifications such as being over the age of 18 and undergoing a criminal records check.
- **Natural is better.** Our communities are rich in resources. The more you utilize the community for services and support, the more you will feel connected as a contributing member.
- **You will have the authority over the funds available for your supports.** You will approve payment for services you receive, obtain monthly reports on what is spent and how much you have left.
- **Everyone involved in the planning has a responsibility to use and manage the funds wisely.** Using the money wisely will allow others to have the same opportunity as you.

- **Things Change!** Within approved budget amounts and guidelines, dollars can be reasonably moved from line item to line item as long as essential supports are maintained. These changes will need to be reflected in your PCP and budget.
- **Have Fun!** This is a wonderful journey that can be very rewarding. There will be bumps in the road but for the most part it will be exciting—you are creating a life that is all your own!

Remember

“Never doubt that a small group of thoughtful, committed people can change the world. Indeed, it is the only thing that ever has.”—*Margaret Mead*

Resources

The Center for Self-Determination, www.self-determination.com

Inclusion Press (Person Centered Planning resource), www.inclusion.com

Southeastern Michigan Regional website,
<http://cmhpsm.evashtenaw.org>

Michigan Department of Community Health,
www.michigan.gov/mdch

For More Information Regarding Self-Determination Call:

<p><i>Lenawee CMH</i> Dawn Rarick (517) 263-8905</p>	<p><i>Livingston CMH</i> Mary Phillips (517) 546-4126</p>
<p><i>Monroe CMH</i> Beth Sacks (734) 243-7340</p>	<p><i>Washtenaw CSTS</i> Britt Paxton (734) 544-6849</p>