SELF- DIRECTION

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Through Advocacy and legislative action, The Real Lives Law was passed on August 6, 2014.

Gives people the opportunity to use their allotted DDS budget to purchase supports and services that address their needs and goals.

Training must be provided to all DDS staff annually as required by the Real Lives Law.

The law established an Advisory Board to offer input to DDS on matters relevant to Self-Determination.
Opportunities for people to spend time with others in a safe environment
Programs offer menu of activities to engage people in learning
DDS has a contract, but Agencies choose workers, activities and schedule
An opportunity for people to have more control in organizing and arranging their supports
Agency with Choice

Participant-Directed Program

Both Self-Directed models offer the opportunity to tailor supports to individual needs and to maximize choice and control in their lives.
JACOB HAS OPPORTUNITIES

SELF DETERMINATION

OPTIONS

CREATIVITY

INDIVIDUALITY

SOCIAL CHANGE
COMMUNITY MEMBER

Volunteer

Gaining experience

Meeting new people

Giving back

Feeling valued
Creating a Vision for a Good Life

**Vision for What I Want:**
To be a zoo keeper. To be a helper. To choose my own schedule. To spend time with my family.

**Vision of What I Don’t Want**
To be stuck inside. To do the same thing every day. To have to do the same thing as everyone else.
“What is the direction he wants to move?”

“What makes him happy?”

“What motivates him?”

“What friends does he enjoy being with?”

“What support will he need to move forward?”

What isn’t going well and needs to change?

LISTEN!
Some people know what they want!
Specific vision for customized supports
Agency doesn’t offer what they need or want
Want more flexibility
Unsatisfied with current supports
Don’t like what’s being offered
It is the law
Self-Direction is a way of providing supports to individuals that promotes personal choice and control.

Individuals and/or families decide who provides those supports and how they are delivered.
JASON IS TRYING NEW THINGS
MATT IS BUILDING RELATIONSHIPS
SELF-DIRECTION OFFERS CHOICE

Joe keeps busy learning new things and visiting educational places.
SOME SPECIAL OCCASIONS

[Two images side by side. The left image shows a person wearing a suit standing in a room. The right image shows a person sitting by the water, dressed casually.]
BEN WORKS AT AMHERST DOG WASH
Self-Direction builds confidence

• Self-Direction enables individuals to be more engaged in managing their own services.

• Participants feel empowered and in charge of their lives.
MANY OPTIONS OF SERVICES AND SUPPORTS

HOME SUPPORTS
EMPLOYMENT SUPPORTS
INDIVUALIZED DAY
ADULT COMPANION
RESPITE
BEHAVIORAL SUPPORTS
INDIVIDUAL GOODS/SERVICES
TRANSPORTATION
HOME MODIFICATIONS
ASSISTIVE TECHNOLOGY
POSITIVE OUTCOMES

- Life is about choices
- Opportunities to try new things
- Learn from mistakes (they teach us all)
- Confidence is developed
- Individual feel empowered
- Fluidity
- Changes happen
LOANA HAS ARTISTIC AMBITIONS
Primary link with the individual.

What is working? What isn’t?
Work with the team to identify the needs, wants and goals.

IF THERE SEEMS TO BE INTEREST IN SELF DIRECTING ARRANGE A MEETING
HOW DO WE HELP?

- Consider all resources and natural supports
- Help build a varied life (STAR)
- Develop a budget based on needs
- Select service codes
- Identify providers
- Select employer of record
- Write job description
- Determine pay rate

DDS’s role is to support people through the process
CONSIDERATIONS WHEN EXPLORING INTEREST

- How much responsibility is the individual/family able to assume?
- Are you willing to learn to direct his/her own services. You will have help.
- Laying the groundwork may take more time in getting started.
- Some people don’t want to do a lot of work related to their services, they may prefer AWC or Traditional Services
- Combinations of services might be a good starting point
PARTICIPANT RESPONSIBILITIES

- Have the desire to take on responsibilities
- Willing to learn
- Accept a more flexible support arrangement
- Follow the guidelines
- No backup (is it needed)
- Consider combinations of services
- Start up may take some time

MUST WORK CLOSELY WITH DDS WORKER
WHAT CAN WE DO SUPPORT THIS EFFORT??

- **Listen** to what people are saying
- **Support** the planning process
- **Talk** with people that are currently self-directing
- **Encourage** people to try new things
- **Help** people customize their services
- Contact DDS Service Coordinator
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