



## Self Determination: What Exactly is it?

“Self-determination is a national movement about rights and personal freedom. It is an approach to service delivery that supports people with disabilities to live as desired.

Self-determination helps people, their families and friends determine their future, design their own support plans, choose the assistance they need to live full lives and control a personal budget for supports.

Individuals may use their individual budgets to hire their own staff, to purchase supports from a human service agency or from an agency of choice. Alternatively

Self-determination has generally come to mean ***the right of people with disabilities to have control in their lives and authority over the resources that support them.***

Over time, the definition of self-determination has expanded to mean that people with disabilities have:

- The **Freedom** to decide how to live their lives
- **Authority** over their resources and supports
- The **Support** they need to live full lives
- **Responsibility** for their decisions and actions.



### Self Determination Principles

CHOICE	DIGNITY AND RESPECT	CONTROL
RELATIONSHIPS	FISCAL CONSERVATION	DREAMING

CONTRIBUTION AND COMMUNITY

ROLES AND RESPONSIBILITIES

WHATEVER IT TAKES

This product was developed through the National Community of Practice for Supporting Families of Individuals with I/DD. More at [supprotstofamilies.org](http://supprotstofamilies.org)



WHAT FAMILIES NEED TO KNOW ABOUT

# Self Determination



## Living a Self Determined Life!

### Understanding Self Directed Services



CT Department of Developmental

Services  
[ct.gov/dds](http://ct.gov/dds)



CT Council on Developmental Disabilities  
[ct.gov/ctcdd](http://ct.gov/ctcdd)

## So what does it mean to Self-Direct my supports?

Self-direction is a way to live a more self-determined life.

- You have the Choice to hire your own staff - a direct support professional
- You take control and authority for managing your own supports within your life at home or at work.
- You become the “Boss” or Employer of your direct support professional
- You have the freedom to develop the supports you need to live the life you want
- You take responsibility for exploring all your available resources to support the plan you have for your life
- You have a choice to select a human service agency to assist you in your daily life.

## What Does it Take to Hire and Manage My Own Supports?

**Confidence** that you can:

**Determine** the supports you need

**Recruit** and **Interview** the people that will work best with you

**Choose** and **Hire** the direct support professional that makes you feel empowered, safe, and assured that you can be as independent as possible

**Train** the direct support professional to know you and work with you to be the best you can be and to learn new skills to help you achieve your goals in life.

**Supervise** and **Manage** the direct support professional to know their work responsibilities and how best to support you in living your life.

## Who pays for this?

Everyone should be living the life they choose and directing their own lives with the support of their family and friends.

People who are DDS Eligible and have been allocated money to support their needs, can choose to self-direct their supports.

Other resources include:

Entitlements/benefits  
Insurance



## Does Anyone Help Me if I Choose to Self-Direct My Own Staff?

You are the “Boss” but you can get support from

- Family
- Friends
- Community Connections
- Your Planning and Support Team, if applicable
- Your DDS Case Manager, if applicable
- Your Fiscal Intermediary for payroll processing and hiring support, if applicable



## Resources:

**Portability** <http://www.ct.gov/dds/cwp/view.asp?q=382296>

**Department of Developmental Services - Self Determination -**  
[www.dds.ct.gov](http://www.dds.ct.gov)

**It's My Choice**

[http://mn.gov/mnddc/extra/publications/choice/Its\\_My\\_Choice.pdf](http://mn.gov/mnddc/extra/publications/choice/Its_My_Choice.pdf)

**Find, Choose and Keep Great Direct Support Professionals**

[http://ici.umn.edu/index.php?products/view\\_part/375/](http://ici.umn.edu/index.php?products/view_part/375/)