

What is Self Determination?

Self Determination is a way for you to make more decisions about your life. It also gives you more responsibility. Self Determination lets you choose who provides the services and supports in your person centered plan.

Five Principles of Self Determination.

Self Determination is made up of five main principles: responsibility, support, authority, freedom and confirmation.

Responsibility to accept a valued role in the community. This may mean getting a job, joining clubs, going to church or helping other people. It also means using public dollars carefully in ways to make your life better.

Support to help you lead a life full of community experience. This can be from people who help you figure out your dreams and make them come true.

Authority to make choices with the money you spend on supports and services you need. This may be done with help from the people you choose.

Freedom to plan a life with services and supports that you need and want.

Confirmation is the important role you play as your own self-advocate.

Who can participate?

Any adult who is receiving services for mental illness or a developmental disability from Saginaw County Community Mental Health Authority may participate in Self Determination.

Do I have to participate?

No, you do not. Self Determination is voluntary.

How do I know if Self Determination is right for me?

Self Determination may be the right way to go if you want to choose the services and supports you need, as well as choose which qualified person to hire to provide those services and supports.

How does it work?

First of all, you must be currently using services offered by Saginaw County Community Mental Health Authority. You will develop an individual plan of supports and services using the Person Centered Planning (PCP) process with help from people you choose. During this meeting, you and your PCP team will look at what is available to you from community agencies, your family and your friends. You and your PCP team will also develop a budget to figure out how much each part of your plan will cost.

Then what happens?

After you set your budget with your Person Centered Planning (PCP) team, you will work with a fiscal intermediary. The fiscal intermediary helps you hire the right people and manage your money, as well as assist you with job related issues.

Does the fiscal intermediary make all the decisions?

No, they do not. You will choose who will be hired to help you, with help from your family and friends. However, the people you choose must be able to give you the services you need.

What other decisions will I make?

Self Determination lets you decide how to choose the people who provide services and supports for you. You can hire people you already know or you can ask Saginaw County Community Mental Health Authority to put you in contact with a qualified provider.

What if the person I hire isn't doing a good job?

You can fire anyone who is not doing a good job with the services he or she is providing to you.

How can I get started?

Get in touch with your supports coordinator or case manager to talk about Self Determination.



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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Self Determination

Responsibility
Support
Authority
Freedom
Confirmation




SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

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