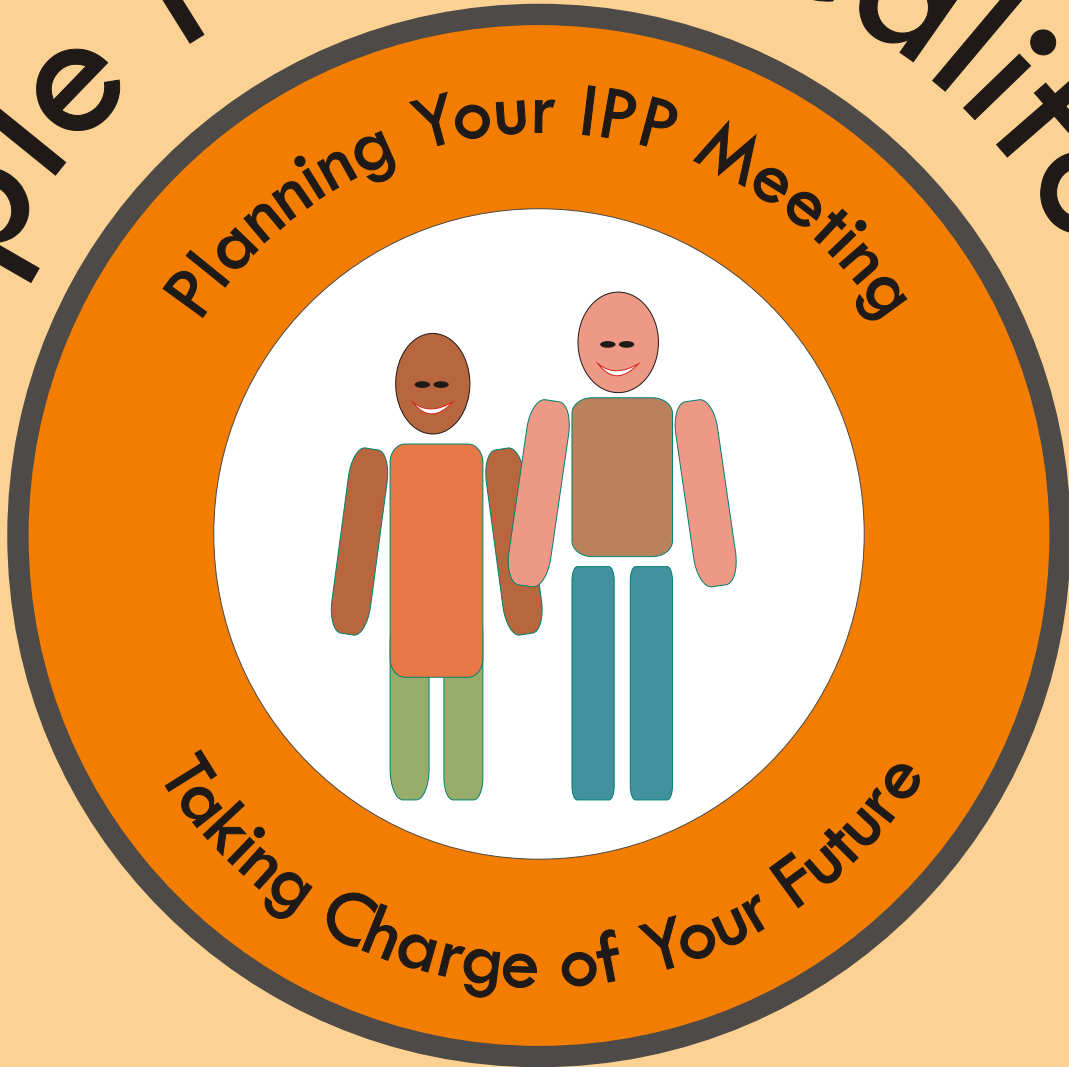


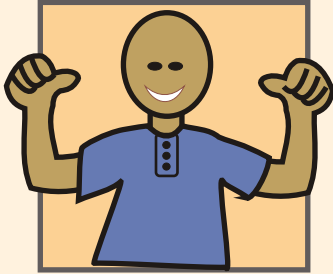
# People First of California



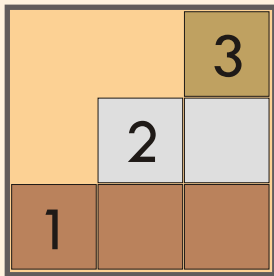
## Self-Determination and Individual Program Plan Buddy System



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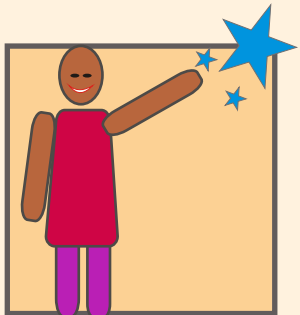


Self-Determination Pages 1 - 6



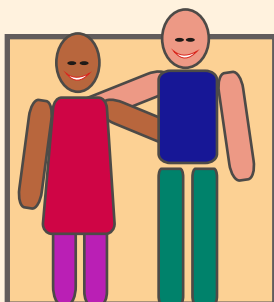
The IPP Steps

Pages 7 - 8



Making Goals

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The IPP Buddy

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# SELF DETERMINATION OR SELF DIRECTION



Self-Determination, or Self-Direction, is a different way for self-advocates to receive services.

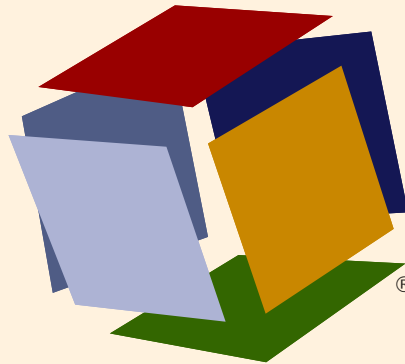
It is used in places all over the world.

# WHAT IS SELF DETERMINATION?



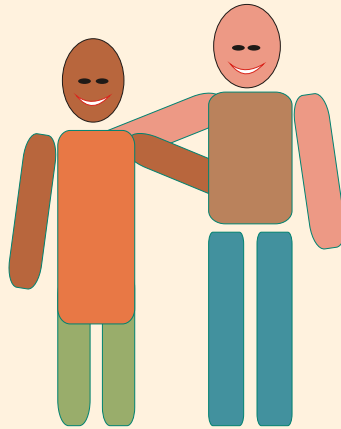
It is a way of taking charge of your present life and your future.

# HOW DOES IT WORK?



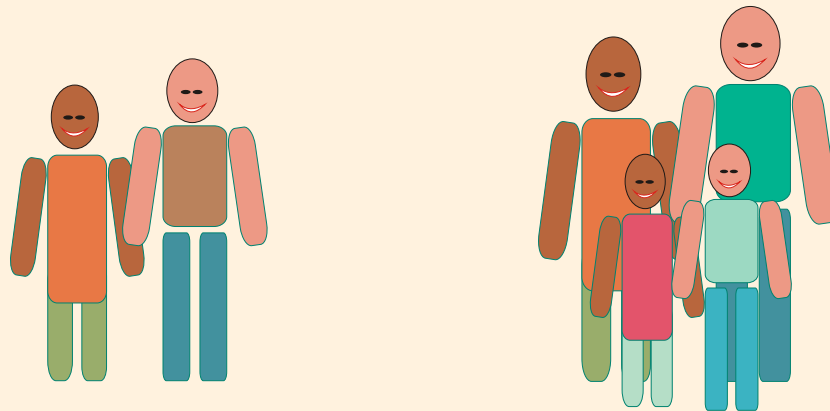
You take the responsibility of making choices about your services and supports, and how they are bought.

## WHO HELPS YOU?



Trusted family, friends, and professionals

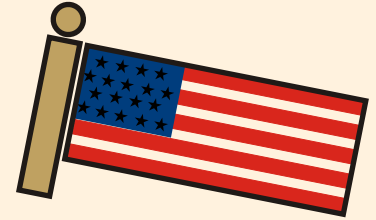
## WHO IS SERVED?



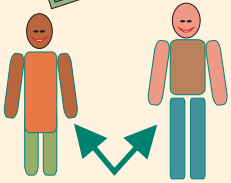
Persons with developmental disabilities or families of children with disabilities

# SELF-DETERMINATION IS ABOUT

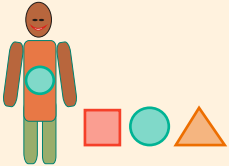
## FREEDOM



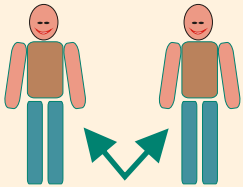
to plan your own life & future



to choose who helps you



to choose things that you want & need



to choose your service providers

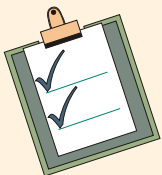
## AUTHORITY



to control the money for your services



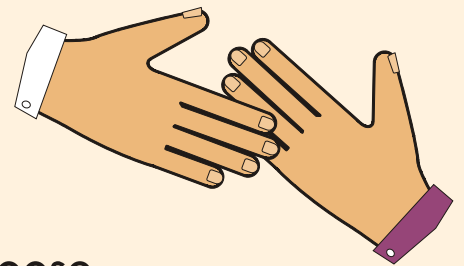
to be seen as the leader, the person in charge



to make your own decisions

# SELF-DETERMINATION IS ABOUT

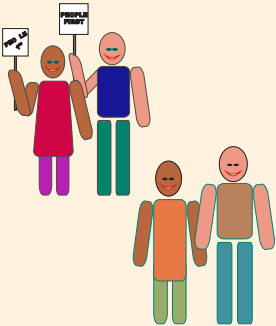
## SUPPORT



to be successful in the life you choose



to be a valued & included member of your community



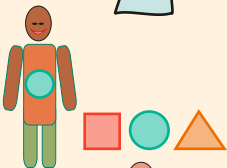
to make decisions & plan your life

to have a group of people with whom you feel comfortable and you have chosen to help you.

## RESPONSIBILITY



for making choices about your life



for accepting the outcome of your choices



for doing your best in life, which includes working



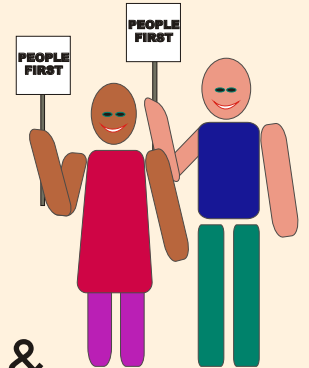
for giving back to your community



to wisely spend the money for your supports & services

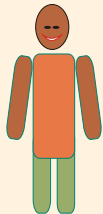
# SELF-DETERMINATION IS ABOUT

## SELF-ADVOCACY



### Self-Advocacy is:

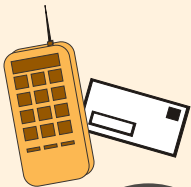
learning your responsibilities & knowing how to defend your rights



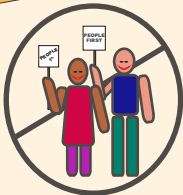
needed by everyone



needed in school, home, and work



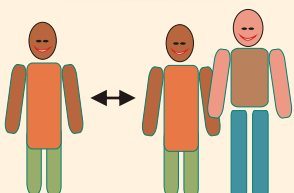
done by telephone, letters, and public speaking



used when rights and freedom to choose are denied



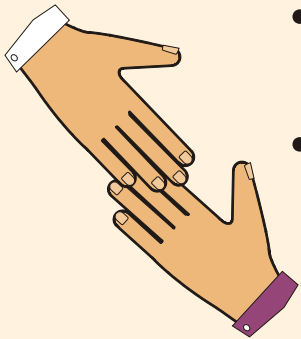
People First is self-advocacy



**Nothing About Us, Without Us**



## YOUR INDIVIDUAL PROGRAM PLAN (IPP) IS:



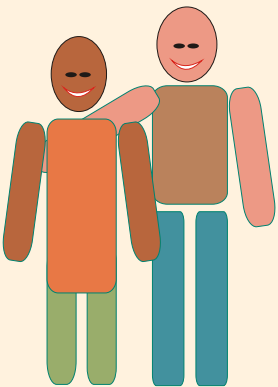
- an agreement between you and the Regional Center
- a list of your **needs and choices** decided by **YOU** and your IPP team in a meeting held usually once a year.

## YOUR WRITTEN IPP INCLUDES:



- Goals
- Services
- Supports

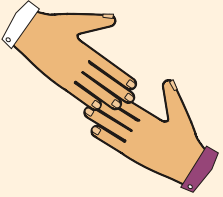
## YOUR IPP TEAM - WHO IS ON IT?



- **YOU** - the most important member and **you** must be at the meeting
- People you trust, who know you and care about you, like family and friends. Your IPP Buddy can be a part of your team.
- Your Regional Center service coordinator - who can help you get the services you request.

# YOUR IPP - WHAT DOES HAPPEN?

This is the time to:



- Meet at a time and place you choose, like your home
- Talk with your team about what you need and want
- Be prepared, this is a very important meeting

## READING YOUR IPP:

Read and understand the IPP before signing.

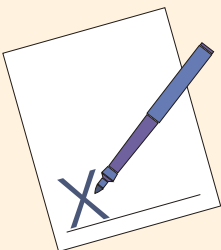


- Get a copy
- Read it with a friend or family member
- See if all the services you requested are in the IPP
- Decide if you agree with everything in the IPP

## SIGNING YOUR IPP:

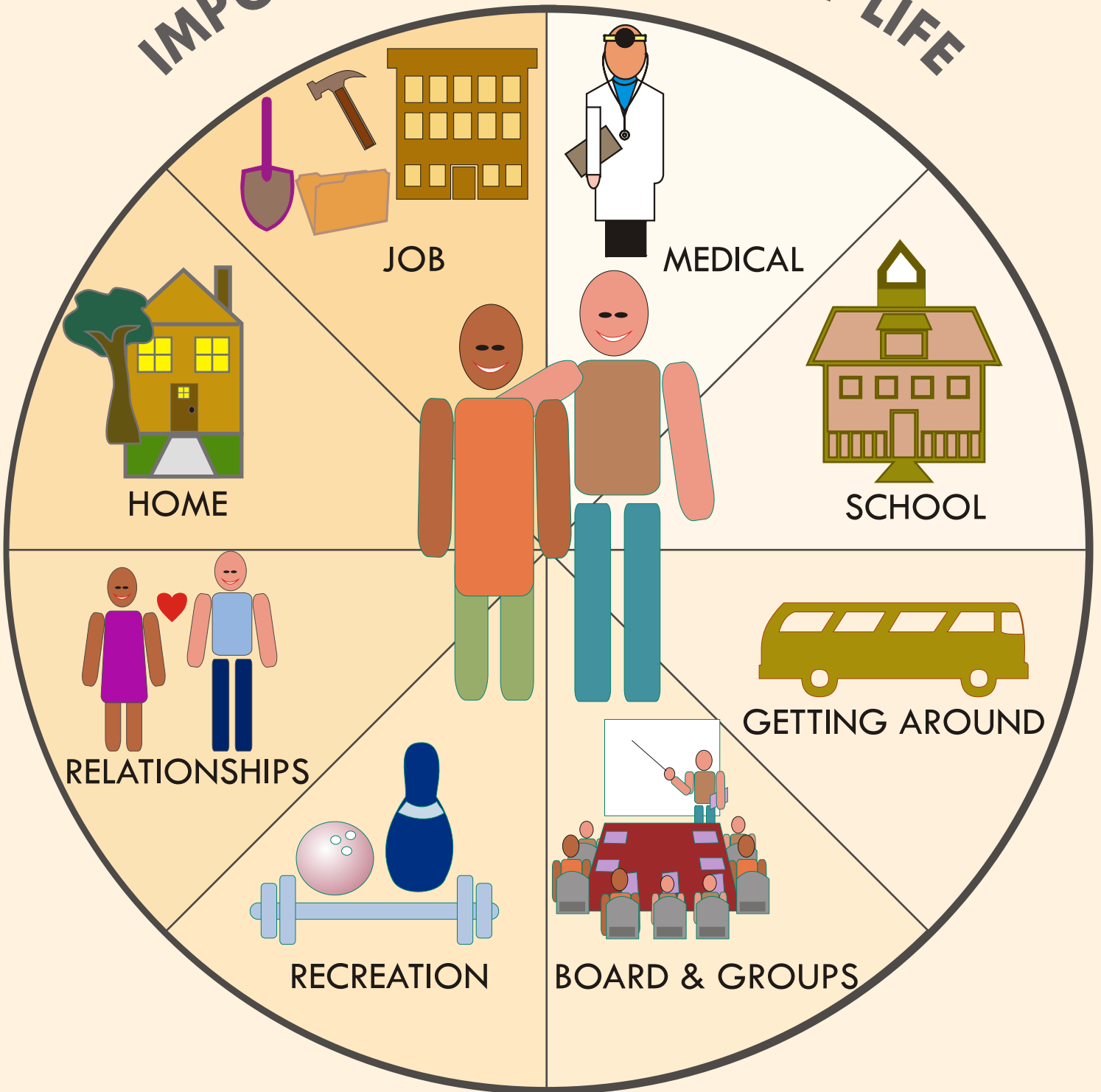
Signing your IPP means you agree with everything in it.  
Services can not begin until you sign and return your IPP.

If your IPP is not complete or you do not agree with something

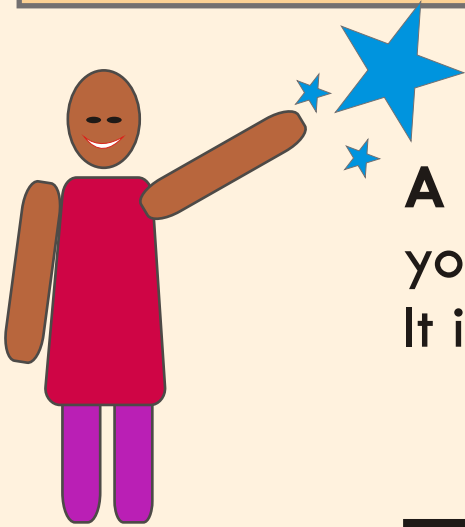


- Mark what you **agree** with
- Mark what you **do not agree** with
- **Write** down anything that is missing
- Have **another meeting** to discuss any changes, if needed
- **Make a copy** of the IPP for yourself
- **Sign and return** the IPP

# POSSIBLE IMPORTANT AREAS OF MY LIFE

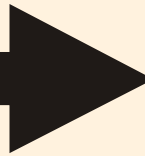


# WHAT ARE GOALS?



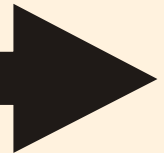
**A goal** is something you want or need in your life, but don't have yet. It is something you work towards.

Now...1 Year



**“Short-Term” goals** are things you want between now and a year from now.

Year or More

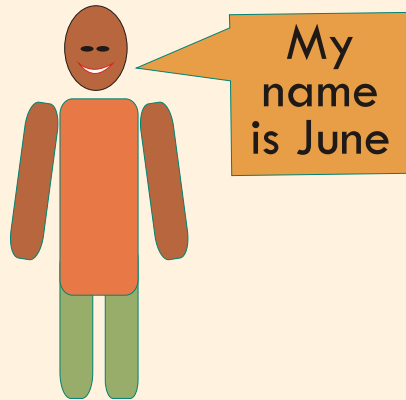


**“Long-Term” goals** are things you want in a year or more.

It is your choice what you want or need in your life!



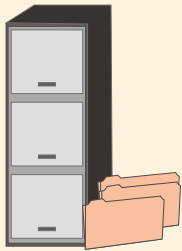
# EXAMPLE OF SHORT AND LONG-TERM GOALS



**NOW:**



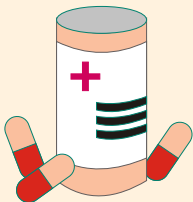
June is 28 years old and lives in her own apartment. Someday she would like to be able to save enough money to buy a house.



She loves her part time filing job, but it takes two buses and two hours to get to work.



She has enough money saved for a deposit on a new apartment.

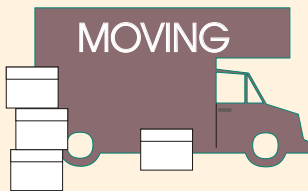
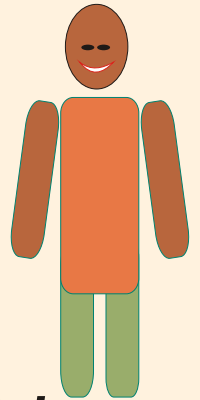


The seizure medicine June takes makes her sleepy most of the day.



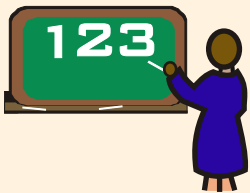
She loves to ride her bike, but her bike is old and very hard to ride.

# CHANGES JUNE WANTS TO MAKE IN HER LIFE



- **Move**

June wants to *move closer to her job*.



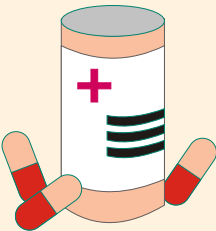
- **Take a class**

If June *takes a computer class*, she can have a *full time job* and a pay raise.



- **Buy a house**

With more money, June could save money to *buy a house*.



- **Check Medication**

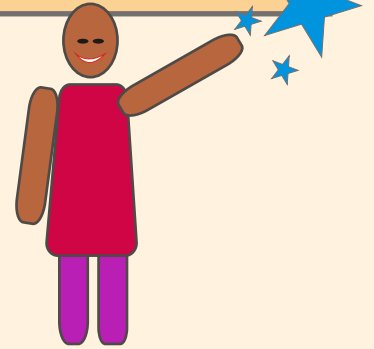
June wants to know if her *medicine can be changed*. She heard about a new medicine that won't make her sleepy.



- **Join a club**

If the new medicine works for her, she would *get a new bike and join a bike club* with her co-worker.

# THESE ARE JUNE'S GOALS



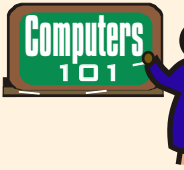
**Short-Term:**

I need to move closer to my job.



**Long-Term:**

I want to buy my own home.



**Short-Term:**

I want to take a computer class.



**Long-Term:**

I want a full time job.



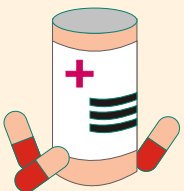
**Short-Term:**

I need a new bike.



**Long-Term:**

I want to join a local biking club.



**Short-Term:**

I want to try the new medicine.



**Long-Term:**

I want to reduce my medications as much as possible.

# HOW TO BREAK DOWN EACH GOAL.

This is June's goal on how she wants to live.



**Short-Term:** I need to move closer to my job.



**Long-Term:** I want to buy my own home.

**Important Questions to answer:**

1. How do I **live** now?

---

2. What do I **like** about where I live?

---

3. What I do **NOT like** about where I live?

---

4. How do I want to **live soon**? (*Short-term goal*)

---

5. How do I want to **live later**? (*Long-term goal*)

---

6. Who can **help** me make the changes I want?

---



# WHICH ONE IS MOST IMPORTANT TO YOU?

Rate the goals by how important they are to YOU.

Put a (1) next to the most important goal all the way to (5) for the goal that is not that important to you.

SOON 

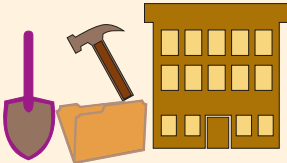
**Short-Term**  
Up to a year

LATER 

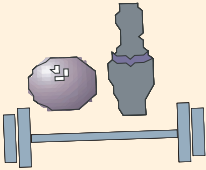
**Long-Term**  
1 year to 5 years



HOME



JOB



RECREATION

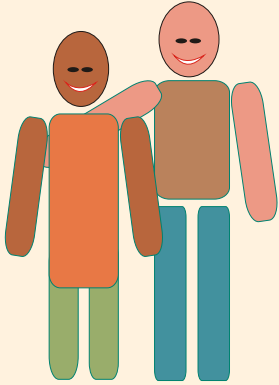


MEDICAL



SCHOOL

# THE IPP BUDDY

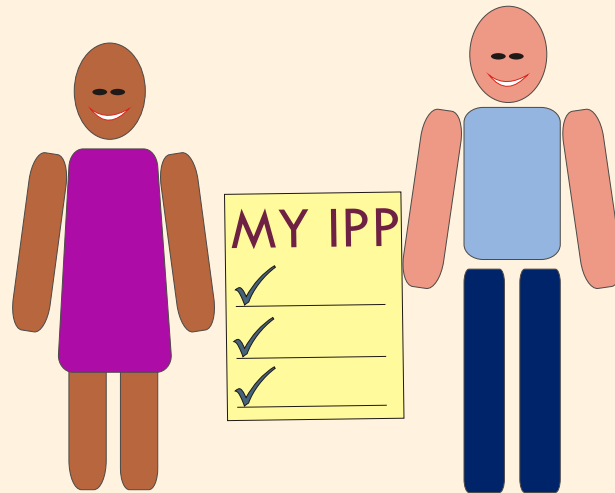


**An IPP Buddy** is a self-advocate who supports another self-advocate.



The Buddy helps the Self-Advocate develop strong advocacy skills in order to take an active role in deciding what goals are written in his/her IPP Plan.

# GOALS OF IPP BUDDY SYSTEM



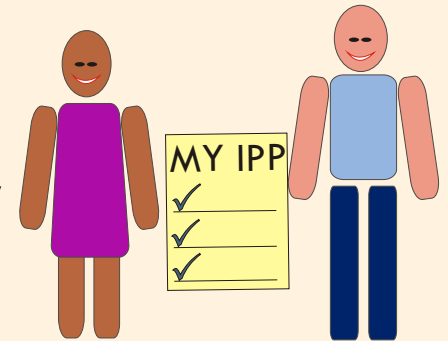
- **Encourage Self-Determination**, beginning with the IPP.
- Develop and **strengthen** self-advocacy skills.
- Make the IPP a more **powerful tool**.
- Develop a self-advocate's **decision making skills** about programs and services.
- Create a **support group** of self-advocates teaching and helping each other.
- Empower **IPP Buddies** to teach the IPP Buddy System to other self-advocates.



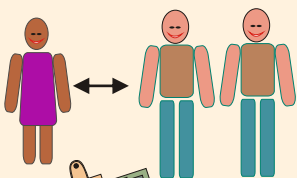
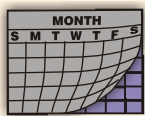
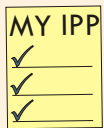
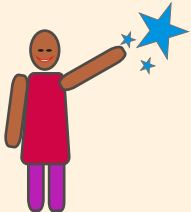
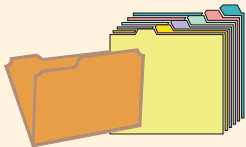
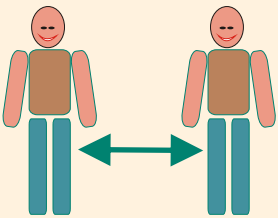
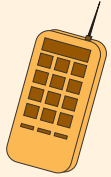
# THE IPP MEETING

## BEFORE

With the Self-Advocate,  
an IPP Buddy:

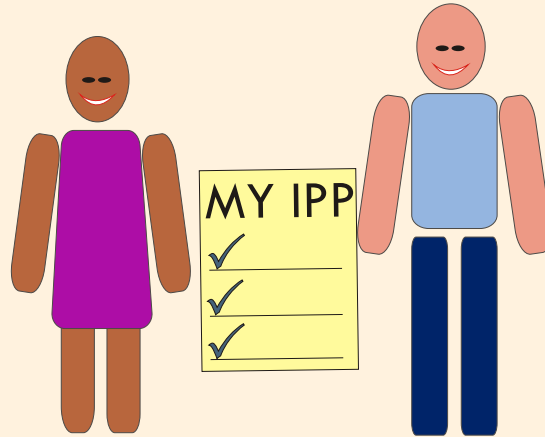


- Calls and meets the Self-Advocate one month before his/her birthday.
- Talks with the Self-Advocate about his/her life and interests.
- Reviews the old IPP Plan.
- Asks the Self-Advocate what goals he/she wants to keep, change, or drop from the IPP Plan.
- Asks what new goals he/she wants to add.
- Assists with setting the date, time, and place of the meeting.
- Assists with selecting and inviting IPP team members.
- Attends the IPP Meeting.

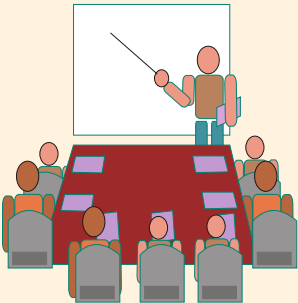


# THE IPP MEETING

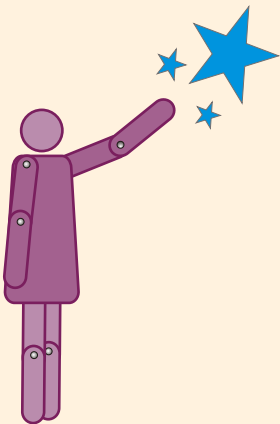
## DURING



### Some Ways the Buddy helps:



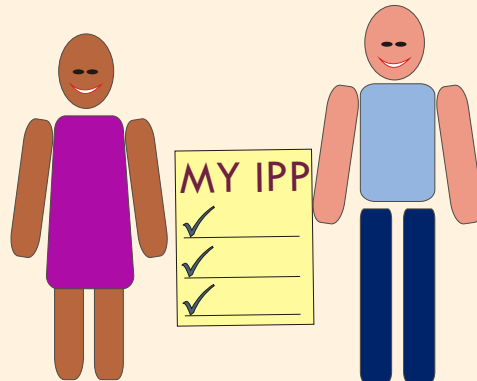
A Buddy encourages the Self-Advocate to **lead** his/her IPP meeting. However, a Buddy may help the Self-Advocate when asked.



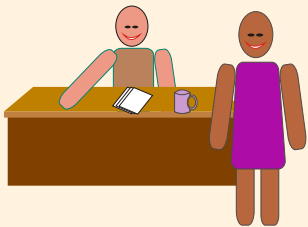
A Buddy encourages the IPP Team members to **support** the Self-Advocate's hopes and dreams.

# THE IPP MEETING

## AFTER



By supporting the Self-Advocate in:



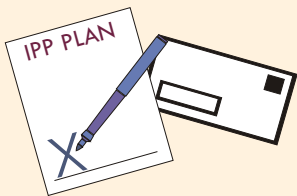
- **Evaluating** how the meeting went.



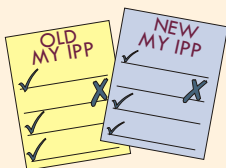
- **Reading** the written IPP Plan



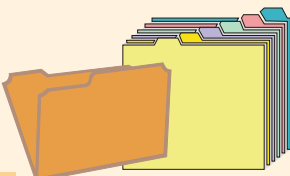
- **Making any needed changes**



- **Signing, copying, and mailing** the IPP Plan to the service coordinator

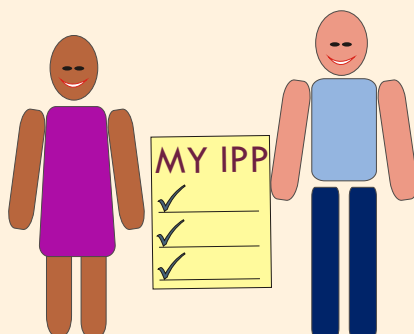


- **Asking for a copy of the IPP** showing the changes

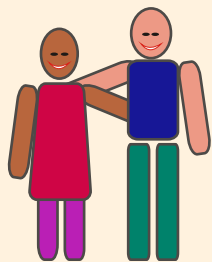


- **Filing appeals** if the services you need and request are denied.

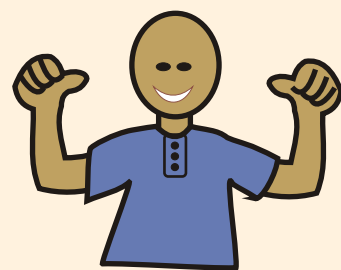
# IMPORTANT QUALITIES OF AN IPP BUDDY



## An IPP Buddy:

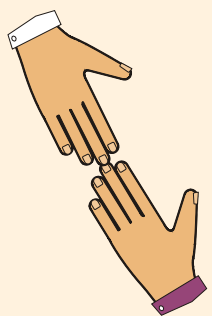


- Is a strong **self-advocate** helping others speak up for themselves
- Can **show** someone what to do, not just tell them what to do
- Can **explain** the “IPP Buddy System”
- Can **understand** and explain Self-Determination
- Knows** and can explain the IPP process
- Is a positive **role model**.



## A positive role model:

- Does** what he/she agrees to do
- Makes** informed decisions
- Understands and practices** Self-Determination
- Speaks** up for him/herself
- Leads** his/her own IPP meetings
- Encourages** greater independence by developing strong advocacy skills
- Teaches** how self advocacy can empower lives



# ACKNOWLEDGMENTS

This Handbook is made possible through a generous grant from the California State Council on Developmental Disabilities.

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Project Assistant

Project Assistant

Grant Resource Assistant

Grant Administrator

## **Board Resource Center**

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## **Consumer Advisory Committee**

Department of Developmental Disabilities

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