



Self-Determination Quick Reference Guide

What is self-determination?

- Self-determination is a process that assists a member with all types of disabilities in designing, maintaining, and exercising their independence and control over their own life
- Determines for themselves what mix of personal care services and supports work best for them
- Directs a fixed amount of dollars that will be spent on authorized services and supports, often referred to as an “individual budget”

Purpose of self-determination

- Understand the standard steps for introducing and explaining the self-directed option to members
- Access the member’s interest and capacity to self-direct.
- Improves member satisfaction, produces the same or better health outcomes, does not add programmatic costs, and does not increase fraud and/or abuse

You will learn:

- The Patient Self-Determination Act (PSDA) of 1990
- The five principles of self-determination
- Step-by-step process guide
- Review the roles and responsibilities of members, the member’s representative, care manager, direct care workers, and other providers as appropriate
- Resources available to the members after the face-to-face meeting
- The budget
- Back-up plan

Resources

Resources for Self-Determination training can be found on the South Carolina Department of Health and Human Services website on the Resources for Person-Centered Planning page (<https://msp.scdhhs.gov/hcbs/site-page/resources-person-centered-planning>).