



# SHIAWASSEE

## Health & Wellness

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### **SELF-DETERMINATION / CHOICE VOUCHER**

#### **What Is Self-Determination?**

Self-Determination allows a person receiving mental health or developmental disability services to decide how they want to purchase of approved services using a fixed amount of Medicaid dollars. Your Person-Centered Plan determines your individual budget (the amount of money available to you). Self-determination is available for any adult who receives public mental health services. Self-determination is also available to parents of children enrolled in the Children's Waiver or Habilitative Supports (HAB) Waiver program.

Self-determination supports your rights as a citizen to control your resources so that you may make your own choices, be part of the community and have meaningful relationships.

Individuals have the right to decide their own lives, including the right to:

- Make their own choices
- Be a part of their community
- Have meaningful relationships
- Be involved in meaningful activities

#### **What Are The Four Principles of Self-Determination?**

Self-determination is based on four important principles that all people live by. These principles are:

- 1) Freedom:** The ability for you, with chosen family and/or friends, to plan your life with the supports you need, including:
  - Who you live with and where you live
  - Who you have relationships with
  - Which community organizations and group you want to be a part
- 2) Authority:** Your ability to control a certain sum of dollars on your behalf, and to arrange your services according to your needs and desires, including working in partnership with your circle of friends and family to decide how resources are used to purchase the supports and services you need and want.
- 3) Support:** The ability to arrange the help you need, whether it is formal or informal, paid or unpaid. You determine the ways that work best for you in order to live the

life you want in the community. Your supports should help you develop and reach your dreams. Your support network could be:

- Family
- Friends
- Personal Assistant
- Support Coordinator
- Case Manager
- Neighbors

**4) Responsibility:** Your acceptance of a valued role in your community, including employment, general caring for others and participation in improvements to the public service system through active citizenship participation, according to your own values and desires.

### **Want To Know More About Self-Determination Budgets?**

As part of the planning process, a Self-Determination Budget will be developed. This budget will include costs of all supports and services that have been approved by Shiawassee Health & Wellness to meet the goals agreed to in your Person Centered Plan. The money in your individual budget can only be used for the services and supports in the plan approved by SHW.

If you choose to hire staff or an agency directly as the employer of record, the funds will be sent to a fiscal intermediary to pay the professional providers or the staff you choose to provide the services and supports in your plan. Or, if you have decided to use an agency to act as the managing employer, SHW will use the budget funds to pay the professional providers or staff directly on your behalf. You will receive monthly statements so you and your support team can see how you are doing with your budget.

Support teams must look at all community resources that can help you achieve your dreams. Hiring your own staff, controlling your own budget and directing the services provided by SHW allows you to structure your own life.

You have the right to have this information in a different language, type of print, or form. If you need this information in a different way or you need any other help, please call:

**SHW Customer Services**  
1555 Industrial Drive  
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(989) 723-6791 or (800) 622-4514  
[www.shiabewell.org](http://www.shiabewell.org)

**Michigan Relay Center**  
*For individuals with hearing-impairment,  
hard-of-hearing or speech-impairment*  
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