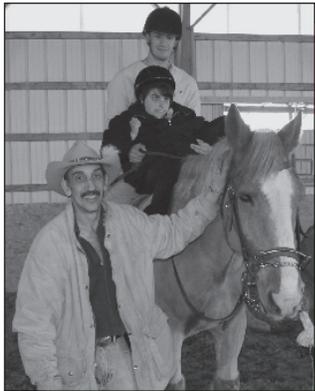


POTENTIAL REWARDS

Consolidated Supports & Services may make it possible for you to discover and share more of your natural gifts and talents - by forming new friendships, working or volunteering in your community, and living more independently.

FIND OUT MORE

If you, or someone you know, is interested in OPWDD's Self-Determination through Consolidated Supports and Services, contact the Self-Advocacy Association of New York State or a DDSO staff liaison at one of the phone numbers listed on the back of this brochure.



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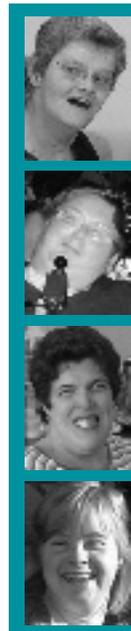


want the
**FREEDOM &
AUTHORITY**
to handle
your own
services?

**CONSOLIDATED
SUPPORTS &
SERVICES**

might be
what you're
looking for!

another way
to be
self-determined
in New York State



WHAT IS SELF-DETERMINATION?

SELF-DETERMINATION (SD)

is an idea that came from people with developmental disabilities, and their families. They wanted **more control** over their supports and services. While SD can be achieved in many ways, one important way is through an **option** offered by OPWDD: **Self-Determination through Consolidated Supports and Services**.

The project is about **personal choice**: you, together with friends and family, decide **what you want to do**, what supports you'll need and who to interview and hire to assist you. You train your staff and arrange **your own service schedules**. This is often called **Self-Directed Services**.

USING CONSOLIDATED SUPPORTS AND SERVICES (CSS), you actively manage your own budget and authorize payment for the **supports and services you've chosen**. You have to agree to use your budget safely and wisely, but **you are in control**.

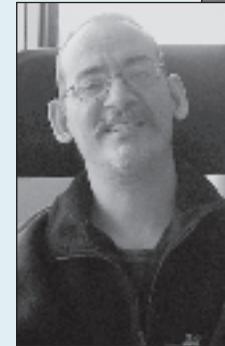
IS SELF-DETERMINATION USING CSS A GOOD MATCH FOR YOU?

To get started in CSS, you should have a clear idea about **your major life goals**.

- How, where, and with whom you want to live
- What work, volunteer, or other activities interest you
- How you want to spend your free time (days, nights, weekends)
- How much and how often you need and want support

CSS is best-suited to individuals and families who are willing to take on:

- More self-direction
- More control of their lives
- More responsibility



HOW DO YOU BEGIN?

Start-up Brokers are available to help you put the pieces of your CSS application together. You can get a directory of Start-up Brokers in your area by:

- Contacting your local OPWDD district office (**DDSO**) (see back panel) or calling **518/473-6393**.
- Visiting the NYS Self-Advocacy website at **www.sanys.org** and clicking on the Start-up Broker Directory
- Calling a **Self-Advocacy contact** near you (see back panel).



MAKING IT REAL!

To get started with the CSS application process, here's what you and your Start-up Broker will do:

- Form a **Circle of Support** made up of people you choose and trust that support your goals.
- With the help of your Circle, develop a **Person-Centered Plan** to clarify goals and map out a plan for the changes you are making.
- Identify the **Supports and Services** you need to accomplish your goals.
- Create an **Individualized Budget** to pay for your supports and services.



HOW ARE YOUR SERVICES PAID FOR?

- Once your CSS plan is approved by OPWDD a **Personal Resource Account** will be set up for you.
- Money from this account is used to **pay for the supports and services** outlined in your plan.
- You will work with a **Financial Management Services agency (FMS)** - who will pay the bills based on your CSS plan and budget.
- Your budget and plan will be **reviewed annually** and changes can be made throughout the year as needed.