



## **SELF DETERMINATION PROGRAM OPTION**

UPCAP's MI Choice Waiver and Care Management Program offers the option of Self Determination for service delivery. The Self Determination program allows participants flexibility in who is hired to work for them, what that person can do for them, and when they will provide services. A participant can choose to hire a friend or family member to help them, or use a traditional Home Care Agency in combination with a family member or friend. Whatever works best for each individual participant is an option.

If this option is chosen a plan of care will be written for the participant using the principles and practices of Person-Centered Planning. Person-Centered Planning is a process for developing a plan of care that builds on a person's capacity to engage in activities that promote community life and honors the individual's preferences, choices, and abilities.

This program option will be explained at length during our initial visit/assessment with each participant.