

## What is an Individual Budget?

An individual budget is the money needed for the support you use. Your individual budget is developed after or at the time your plan is developed through the person centered planning process. Your individual budget is approved by the mental health agency for your use. Your individual budget must have enough money for you to obtain each service or support in your plan.

## Can I use the Funds in my Individual Budget Any Way I Want?

No. The dollars contained in your individual budget can only be used for the services and supports in the plan approved by your mental health agency.

## How Do I Use the Funds in my Individual Budget?

You may use the funds in your individual budget to pay the workers you hire. You may also purchase services from professional providers with whom you directly contract to provide the support in your plan. You choose how much you are going to pay someone within rates set by your mental health agency. You sign the timesheets or invoices to authorize payment. You can choose if your worker will work more one day and less another day if that meets your needs. You will have more day-to-day control over who supports you, how they support you, and how you spend your time.



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Self-Directed  
Services for  
Consumers and  
Families

## ► What is Self-Determination About?

Self-Determination means that you have control over your life—you decide where you live and with whom; what kind of job you would like, who supports you, how, when and where that support is provided, and how to use your support to enable you to do the things you want to do.

## How is Self-Determination Different than Person-Centered Planning?

Self-Determination builds on the choice & control available within your mental health agency. For example, everyone who uses mental health services & supports has the right to choice of providers. You already use the person centered planning process to decide what support you need to do what you want to do in life. You can also use that process to discuss arrangements that support self determination. Self Determination means you control the money for your services & supports. When you control the money, you not only choose your providers, you choose when, where & how your services & supports are provided.



## Benefits of Self-Determination

By using arrangements that support self-determination, people with developmental disabilities or serious mental illness are better able to achieve their goals. With the support of their workers, they make jewelry, design t-shirts, develop cable television shows, do stand-up comedy, and support other people with disabilities. Many of these activities have turned into businesses or paying opportunities. They meet and make friends with common interests, such as sports, music, crafts, or computers. With control over funding comes the power to build the lives they want in the community, just like anyone else.

You can have that kind of control of your life, too.

You can control the money that pays for your support through the Michigan Community Mental Health system. By using arrangements that support self determination, you can use this money to directly employ workers or contract with providers so that you can have the life you want.



## What is Self-Determination?

*Self-determination* is not a program. Self-determination is a set of principles that you have the right to live and be part of your community just like anyone else. The principles of self-determination are:

- **FREEDOM:** You plan your life with the support that you need.
- **AUTHORITY:** You control the money for the support you receive.
- **SUPPORT:** You arrange resources and supports—both informal and formal—so you can live in and connect with your community.
- **RESPONSIBILITY:** You have a valued role in your community and agree to use public dollars wisely. Arrangements that support self-determination make is possible for you to control the funding for the

