

## Individual Budget

**Self-Determination and Individual Budgeting** is a unique service delivery method which means that a person makes decisions, plans for the future, and determines how funds are spent for supports, and takes responsibility for the decisions.

**Self-Determination** refers to empowering individuals to make their own choices about their services. In addition, people with disabilities (with help as needed) control and direct the supports they receive as much as possible. This approach supports addressing individual needs and goals, inclusion into the community, self-advocacy, fiscal responsibility, quality versus quantity of supports, personal growth and achievement, and the freedom to control resources for personal growth and learning.

The individual chooses his/her team called a **Support Circle** to develop a **Person-Centered Plan**. This planning helps the individual to identify their preferences, needs, and priorities.

Individuals make decisions and have control over their local DD resources through an **Individual Budget**. The Individual Budget is planned out so that funds can support a person's needs based on the assessment and discussions in the plan. An Individual Budget is the identified, allowable funding for each person. The allowable Individual Budget allowable is determined each year at planning time.

Along with choices and control, it is the **responsibility** of the individual to be reasonable with public funds and realize that there are limits on risks to health and safety.

Just like anything else, there is not an unlimited amount of funding, or money, for everyone. Therefore, a person has to be responsible about balancing their Individual Budget to prioritize, make good decisions, and maximize their identified choices of services and supports. The plan also considers individual resources, contributions, free services, and other funding sources for needs.

Self-Determination and Individual Budgeting sometimes entail that the individual and the support circle are much more involved and do a lot more of the coordination of services. Therefore, it is wise to ask questions about Self-Determination to see if it is right for you.

FOR MORE INFORMATION ON SELF-DETERMINATION AND INDIVIDUAL  
BUDGETING PLEASE CONTACT YOUR LOCAL BOARD REPRESENTATIVE  
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