

DDA: Your Person Centered Plan

For people with developmental disabilities and those who support them

What is the DDA?

The Maryland Developmental Disabilities Administration (DDA) provides services and supports for children and adults of all ages with developmental disabilities.

You qualify for DDA services if (1) the DDA finds that you have a developmental disability, (2) DDA has funding for you, and (3) you meet financial and technical eligibility requirements. People who begin receiving DDA services usually continue receiving services as long as they remain eligible. [Visit dda.health.maryland.gov for more information.](http://dda.health.maryland.gov)



What is a Person Centered Plan?

Each person who receives DDA services has a Person Centered Plan (PCP). The PCP is a written plan of all the services and supports that you need to meet your needs and goals. Your PCP includes what you want and need to have a good life. The PCP also describes the services you need, including paid and unpaid services from DDA and others who support you.

How does the planning process work?

Person centered planning is intended to empower you to define the direction of your life. You choose a team to support you to have the life you want with the supports you need — provided in ways that you choose. Your *Coordinator of Community Services (CCS)* will work with you and your team to help you identify your life goals and the supports you need and want.

The process supports you and your choices. You should ask for information and ask to see examples of services that you might need before you make a decision. Be sure to ask about self-directed services and learn if that is an option for you.

You will lead the planning process as much as possible and it should be at times and locations that are

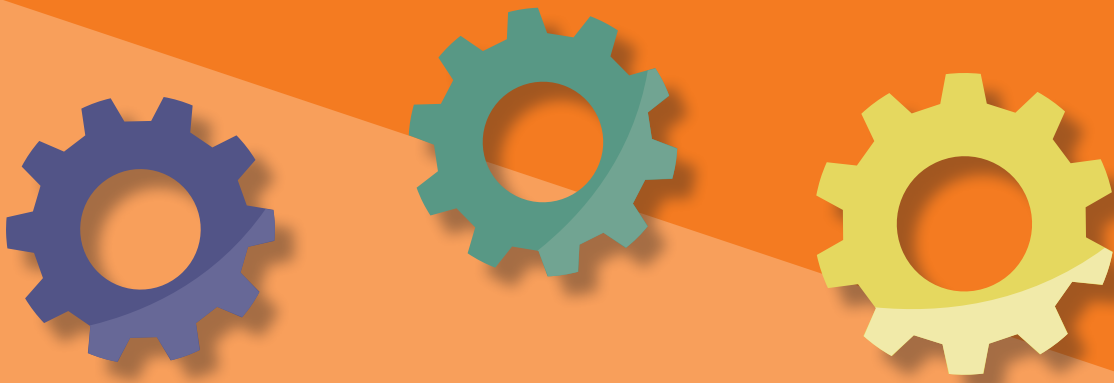
convenient for you and your team. The PCP should be written in plain, clear language that you and your support providers can understand.

The planning process should include talking about risks and safety as you make choices. Like everyone else, you have a right to take risks and fail sometimes. But DDA needs to ensure the health and welfare of people it serves, so your team should think about ways to support you to make the best decisions you can and plan for support if your decision results in harm. If your decisions are clearly unreasonable and unsafe, your team may take steps to protect you from harm. Risk and safety information should be in the PCP so your support providers can support your decisions.

For people with developmental disabilities who need help with decision making or who need someone else to make decisions for them, the PCP should address how health care and financial decisions will be made.

The PCP will not be finished until you agree to the plan. Everyone who is involved will receive copies. The plan will name people in charge of making sure you get the services listed in the PCP. Your CCS will review the PCP at least once per year, or whenever you ask for a review.





How do I get the services in my PCP?

There are many ways people with developmental disabilities get support. Many get support from their families. Many get health care through Medical Assistance or their family's private health insurance. Medical Assistance also provides home and community based services. Many people with developmental disabilities will qualify for the Medical Assistance Community First Choice program which provides personal care and other services. In addition, DDA pays for a wide range of services to meet individual needs. Some examples of DDA services are support staff, employment, residential, and other community services.

In general, some of the things DDA cannot pay for:

- Housing
- Food
- Personal expenses
- Recreation
- Dental services

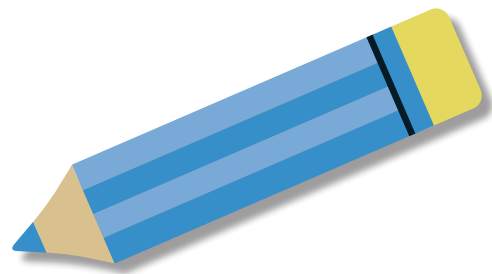
Your CCS or DDA regional office can provide more information about what services are and are not provided by DDA and other sources. DDA's website has a person centered planning guide and other helpful information at dda.health.maryland.gov/Pages/Person-Centered_Planning.aspx.

What about employment?

DDA has an Employment First policy to encourage all people with developmental disabilities to work in the community. Employment will be the first option for people of working age who get DDA services. People with developmental disabilities who choose to work and earn income will usually be able to keep receiving Maryland Medical Assistance and DDA services. For information on employment and benefits counseling, ask your CCS or contact the Maryland Employed Individuals with Disabilities Project at (443) 514-5034.

Your PCP should include the type of work you would like to do. The PCP should also describe the steps you will need to take and the support that will be provided for you to reach your employment goals.

You do not have to work if that is not your choice.



If you still have questions about this information or need assistance finding other disability resources, contact the Resource Finder at Kennedy Krieger by phone or email:

800-390-3372 • TTY MD Relay 711 • resourcefinder@kennedykrieger.org

This information sheet is made possible through a partnership between the Maryland Center for Developmental Disabilities at Kennedy Krieger Institute, Disability Rights Maryland and Maryland Developmental Disabilities Council.