

Mi Via and Self-Determination

An overview of self-directed services and self-determination
Mi Via Consultants



The Mi Via Self-Directed Waiver and Self-Determination

Mi Via Self-Directed Waiver services are available to people who have received an allocation to the Developmental Disabilities (DD) Waiver or the Medically Fragile (MF) Waiver. Individuals receiving services through the DD Waiver or the MF Waiver may choose to self-direct their services through the Mi Via Waiver.

Mi Via Participants choose the goods and services they need in their homes and communities. They work with their Mi Via consultant to develop a Service and Support Plan (SSP) and an annual budget. The Mi Via Service and Support Plan (SSP) and budget are based upon an in-home assessment and the interests and needs of the Participant. Being able to self-direct your own services is one part of self-determination.

What is Self-Determination?

Self-determination is someone making personal choices that will shape their own future. It is living a full and meaningful life of their own design, regardless of abilities and needs. Self-determination means that people decide how to live their lives and what is most important to them.

Self-determination does not mean someone doing everything on their own. It is choosing the people in one's life and the type of support they give. It is taking control of one's own life and asking for the type of help one needs, which may lead to increased independence and self-sufficiency.

Why is Self-Determination important?

Self-determination increases access to opportunities and improves quality of life. The term "Dignity of Risk" refers to having the same opportunities to take chances, and to succeed or fail, as others. Self-Determination includes accepting the responsibility for choices and dealing with consequences. With Self-Determination, one chooses how to fix mistakes and sets goals for the future.

Self-Determination is a process that is built upon 5 principles*

- **Freedom** to decide how one wants to live their life.
- **Authority** over a targeted amount of dollars.
- **Support** to organize resources in ways that are life enhancing and meaningful to the individual.
- **Responsibility** for the wise use of public dollars and recognition of the contribution individuals with disabilities can make in their communities.
- **Confirmation** of the important role that self-advocates play.

* Adapted from Center for Self-Determination www.self-determination.com

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Questions?

Call us.

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"Quite simply, being self-determined means making things happen in a person's own life, instead of having others do things to, or for them."

A National Gateway to Self-Determination

<http://www.nqsd.org/>

Red or Green?



Mi Via is about making choices. The

symbol of the red and green chiles are often used in Mi Via to illustrate participants being able to make choices about their services

and supports.



Mi Via Website

www.mivianm.org

Newsletters are under
Publications



www.cdd.unm.edu/mivia