# GSA Start Here

For families | Your next steps

**USE THIS NAME FOR APPROVALS**

**Provider / payee: Functional Speed Academy LLC**
Program: Golden Strength Academy (GSA). GSA is not a separate company or vendor.

**We believe everyone deserves the opportunity to live their best life.** We will help explain the service request so you can focus on what matters to your loved one.

## Three steps for families

### 1. Build the plan together

Share interests, goals and support needs with our GSA team. Together, identify Group, Private coaching or a suitable combination, with a clear reason for the proposed frequency.

### 2. Forward your personalized request

Send the welcome email or existing Service Authorization Summary with **Start Here, Program Overview and Payment Schedule.** Our team provides the service details and costs. Your funding team confirms the category and code.

### 3. Confirm approval, then scheduling

Before funded services begin, obtain written confirmation of services, frequency, amount, dates and payment pathway. Send it to our team to complete provider setup, registration and scheduling. Direct pay follows the agreed payment terms.

## Available services

| Service | Published rate | Service format |
|---|---|---|
| Group 1x/week | $350 / month | One group class weekly. |
| Group 2x/week | $700 / month | Two group classes weekly, when available. |
| Private Adaptive | $135 / 60-minute session | Individualized coaching; 1-4 weekly sessions when appropriate. |
| Initial Assessment | $175 one time | Private assessment and program design, when needed. Not required for Group-only. |

**Your next step:** Contact our GSA team. We will help identify the next step for your family and funding pathway.

# GSA Start Here

For caseworkers and funding teams

A clear request connects the participant's chosen goals with the services and supports actually needed. Our personalized email or existing authorization summary provides that explanation; families do not need another form.

## What a complete request includes

| Review item | Information to confirm |
|---|---|
| Person and purpose | Participant name, chosen activities, current Individual Program Plan (IPP) goals, and relevant access or support needs. |
| Services and rationale | Group, Private or both; specific adaptations and the reason for each service and frequency. Explain why the proposed support fits this person. |
| Units and amount | Session length, weekly frequency, planned monthly units, rate, ongoing limit and any separate one-time assessment. |
| Dates and delivery | Service period, location, delivery format, staffing and any additional assistance needed for participation. |
| Provider and payment | Functional Speed Academy LLC; required provider documents, funding route, approved code and billing arrangement. |

## Confirm the funding pathway

**Self-Determination / Financial Management Services (FMS):** Confirm the IPP, spending plan, service, provider setup and billing requirements. SDP Code 331, Community Integration Supports, is considered only when the service fits and the planning team selects it. [1, 3]

**IRC / Regional Center:** Confirm the participant-specific purchase-of-service, participant-directed or reimbursement route. Do not automatically apply SDP Code 331 outside SDP. [1, 2]

**IEHP / health plans:** A separate pathway. Confirm a covered benefit, member eligibility, provider eligibility and any required authorization directly with the plan. Regional Center approval does not establish IEHP coverage. [4]

**Direct pay:** Confirm the service and payment agreement. Paying privately does not guarantee later reimbursement.

Provider setup is separate from approval for an individual. These documents do not establish an IEHP contract, agency endorsement or guaranteed funding.

Reference guidance: [1] DDS purchase-of-service guidance, Mar 5, 2026; [2] DDS social-recreation policy guidance, Mar 25, 2026; [3] SCDD: SDP Code 331; [4] IEHP Community Supports.