

BUILDING MY FUTURE WITH SELF- DETERMINATION



A Workbook to Planning the Life You Want



Sponsored by the Alta California Regional Center Self-Determination Program

Local Advisory Committee SDPQuestions@altaregional.org

In collaboration with The Independent Facilitator Training Academy

www.iftrainingacademy.com

WELCOME TO YOUR SELF-DETERMINATION WORKBOOK

Who We Are – The Independent Facilitator Training Academy (IFTA)

The Independent Facilitator Training Academy (IFTA) is dedicated to providing training and resources to support people in the Self-Determination Program. We empower individuals to support participants in the Self-Determination Program by helping them build skills and understand the how to navigate SDP and create a plans that truly reflect the dreams of individuals in SDP.

Who is the Self-Determination Local Advisory Committee of ACRC?

The Self-Determination Local Advisory Committee (SDLAC) of Alta California Regional Center (ACRC) works to ensure that individuals and families have the support and information they need in SDP. They advocate for your choices, provide resources, and guide you through the SDP journey.

**You have the power to turn your dreams into reality,
one goal at a time!**

**With Self-Determination, you have the power to shape
your own life and turn your dreams into reality.**

Why This Workbook Was Created

This workbook was created to guide, support, and prepare you for your journey in the Self-Determination Program. It will help you think about your goals, dreams, and the services you need to live the life you want. Each section will walk you through important steps in planning and making decisions, so you feel confident and prepared to create your own path.

How to Use This Workbook

Use this workbook to write down your thoughts, ideas, and questions. Work through each section at your own pace, and feel free to involve family, friends, or others who support you. This workbook is here to help you shape your future and make your dreams a reality.





Welcome to Your Self-Determination Journey

THIS WORKBOOK WILL HELP YOU MAKE CHOICES ABOUT YOUR LIFE. IT WILL GUIDE YOU THROUGH THE SELF-DETERMINATION PROGRAM (SDP) AND HELP YOU DECIDE WHAT SERVICES AND SUPPORTS YOU NEED TO LIVE YOUR BEST LIFE.

This Workbook is Your Guide to Your Journey

- Think about your goals and dreams for your future
- Decide what services and supports you need to reach your goals
- Get ready for meetings with your Independent Facilitator (IF) (the person who helps you plan) and your Service Coordinator (the person at the Regional Center who helps you get services)



This workbook will help you share your plans with your family, friends, and the people who support you.

This workbook is your personal guide to planning and creating a plan to get the services and supports that help you the most.

How Does This Workbook Help with My IPP and PCP Meetings?

This workbook helps you prepare:

- **For your PCP meeting:** Use the workbook to write down your goals and needs so you can share them in the meeting.
- **For your IPP meeting:** After creating your PCP, you'll meet with your Service Coordinator to finalize your IPP. The information in this workbook may help your IPP meeting go a lot smoother.
- **For your meeting with your IF and SC:** To meet with your Independent Facilitator (IF) and Service Coordinator (SC): By using this workbook, your Independent Facilitator and Service Coordinator will get to know you better. This helps them guide you through the process and ensure your plan reflects your goals.



Your journey to a self-determined life starts with you sharing things about yourself like your hopes, your dreams, and what matters most to you!

Getting Started with the Self-Determination Program (SDP)

Before you begin this workbook, here are some key terms and definitions to help you understand important ideas as you start your journey.

1. What is the Self-Determination Program (SDP)?

The Self-Determination Program (SDP) lets you have more control over how you get the help you need.

In the traditional system, your Service Coordinator (the person at the Regional Center who helps you) chooses services from a list of people or places that the Regional Center has already approved. These people or places are called service providers or vendors. You can only pick from the providers on that list, and the services you get are often limited to what's available.

With SDP, you have more choices. You can still use the service providers approved by the Regional Center, but you can also:

- Take classes or enjoy activities from local businesses
- You can hire who ever you want to support you including family, friends, or neighbors
- Choose other services, supports, or activities that work better for you

This means you have more control over who helps you and how they help you. You can create a plan that works best for you.

2. What is a Plan?

A plan is a way to figure out what you need and how you will get it. In the Self-Determination Program, your plan includes the services and supports that will help you reach your goals and dreams. It also shows how you want to live your life and what makes you happy.

3. What is a Person-Centered Plan (PCP)?

Your Person-Centered Plan (PCP) is the most important part of the SDP. It's a plan that is all about you—your goals, dreams, and the supports you need to live your best life. The PCP shows how you want to live and what services you need to get there. Creating a strong PCP helps you build the life you want with the right support.

4. What are Services and Supports?

- **Services** are things that help you with your daily life. This could be someone helping you with a job, learning new skills, or taking part in activities you enjoy.
- **Supports** are things or people that help you reach your goals. This can be friends, family, or special tools you need to live your best life.





5. What are Goals and Dreams?

Goals are things you want to achieve or work toward in your life. This could be learning a new skill, getting a job, meeting new people, or becoming more independent. Goals are the basically the steps you will take to reach your dreams.

Dreams are your big hopes for the future. This could be where you want to live, the kind of job you want, or fun things you hope to do, like travel or learn something new.

Your plan will include the services and supports you need to help you reach both your goals and dreams.



6. What is the Regional Center?

The Regional Center is a place that helps people with disabilities get the services and supports they need. There are 21 Regional Centers in California. They help people with intellectual disability, cerebral palsy, epilepsy, autism, and other disabling conditions

If you already get help from the Regional Center, you can join the Self-Determination Program to have more control over your services.



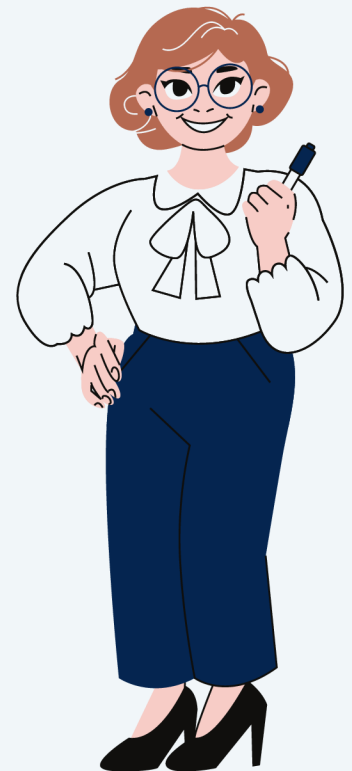
7. What is an Individual Program Plan (IPP)?

The Individual Program Plan (IPP) is your official plan with the Regional Center. Once your PCP is ready, it becomes part of your IPP. The IPP includes your goals, your services, and your vision for your future. It's the plan that allows you to start receiving the services you need.



8. What is an Independent Facilitator (IF)?

An Independent Facilitator (IF) is someone who helps you create your plan. They listen to you, make sure your decisions are respected, and guide you through the Self-Determination process. They work with you to make sure your voice is heard and that your plan reflects what you want.



To get started with the Self-Determinaton Program,
Contact your Service Coordinator to sign-up for the required
SDP Orientation.

Now you are ready! Let's Get Started on this workbook!

ALL ABOUT ME



This section is all about YOU!
It helps the people around you get to know you better—your likes, dislikes, how you communicate, and what makes you feel safe and happy. Knowing this helps everyone understand how to support you in the best way possible.



Add your Picture Here or tell
us a bit about yourself.

This is Me

About Me

My name is: _____

I prefer you call me: _____

The pronouns I prefer are: _____

My age is: _____

Where I Live:

I live in: _____ (city or town)

I live with:

- ☐ My mom
- ☐ My dad
- ☐ My Siblings _____ brothers _____ sisters
- ☐ My family
- ☐ A roommate: _____
- ☐ Other: _____

My school/job: _____

Who is My Primary Contact?

Who should people contact if they need to talk to someone about me? (you, your parent, or someone else?)

Name: _____

Phone number: _____

Email: _____

Relationship to me: _____

What is the Best Way to Communicate with Me?

This is the Best Way to Communicate with Me:

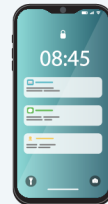
How I like to talk to others: (chosed all that apply)

- ☐ I use verbal communication
- ☐ I use written communication
- ☐ I use pictures or gestures
- ☐ I use a communication device
- ☐ I use Sign Language
- ☐ Other: _____

My Preferred Time for Communication

I prefer people connect with me in the:

- ☐ Morning
- ☐ Afternoon
- ☐ Evening
- ☐ Between: _____
- ☐ Other: _____





Important People in My Life

The people in your life help support you in many ways. They can be family, friends, neighbors, or even people you work with. This page will help you think about the people who are important to you and how they support you.





Who Are the Important People in My Life?

My Family:

Name: _____

Name: _____

Name: _____

Name: _____

Name: _____



My Friends:

Name: _____

Name: _____

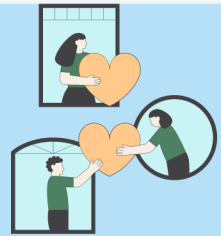
Name: _____



My Neighbors:

Name: _____

Name: _____



People I Work With or Go to School With:

Name: _____

Name: _____



Other Important People:

Name: _____

Name: _____



My Regional Center Coordinator:

Name: _____

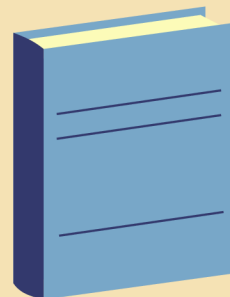




Who is helping me with this workbook?

Name: _____

Relationship: _____



Who Helps Me with Decision-Making?

Who helps me make important decisions?

(For example: family members, friends, Independent Facilitator, Service Coordinator).

Name:

Contact information:

Relationship:

What types of decisions do I need help with?

- ☐ Daily decisions (like what to wear or eat)
- ☐ Big life decisions (like where to live or work)
- ☐ Money decisions (like budgeting or spending)

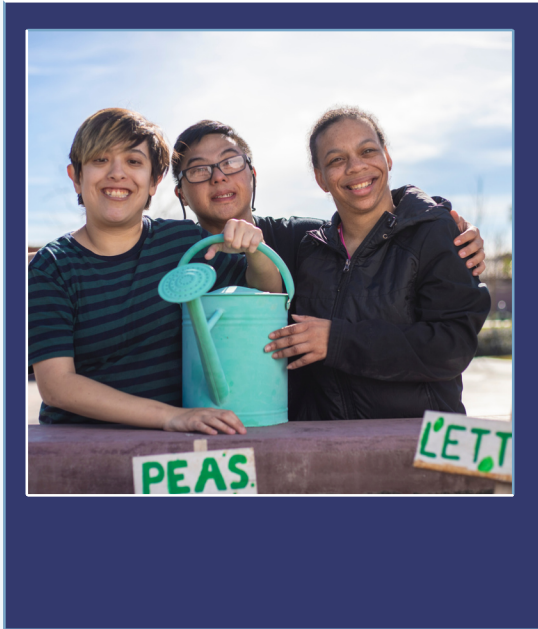
How I like to be supported when making decisions?

(For example: talking things through, having options explained, someone reminding me of my choice)



What makes me Happy?

Your happiness matters! This section lets you share the things that bring you joy and excitement, helping everyone understand what activities, people, and places make your life better. This will help your team include more of these positive things in your plan.



This section is all about you—what makes you happy and the things you love.

Let's start by thinking about what makes you smile or feel good.



I feel happy when I am doing: _____

(singing, dancing, jumping, etc.)

It makes me feel: _____

(excited, calm, relaxed, independent, etc.)



I feel happy when I spend time with: _____

It makes me feel: _____

(safe, loved, supported)



I love going to: _____

(going to the park, the mall, gradmas, etc.)

It makes me feel: _____

(relaxed, happy, energized, part of my community, etc.)



I like to play sports, like _____

It makes me feel: _____

(strong, energized, excited, Happy to play with friends, it's fun)



I like doing art, like _____

(painting, drawing, etc.)

It makes me feel: _____

(creative, calm, happy)



I like playing games, like _____

(video games, board games, etc.).

It makes me feel: _____

(strong, energized, excited, Happy to play with friends, it's fun)



I like listening to music, like _____

(favorite type of music or artist).

It makes me feel: _____

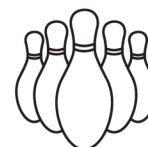
(happy, calm, excited, etc.)



Other activities I enjoy: _____

I enjoy doing _____

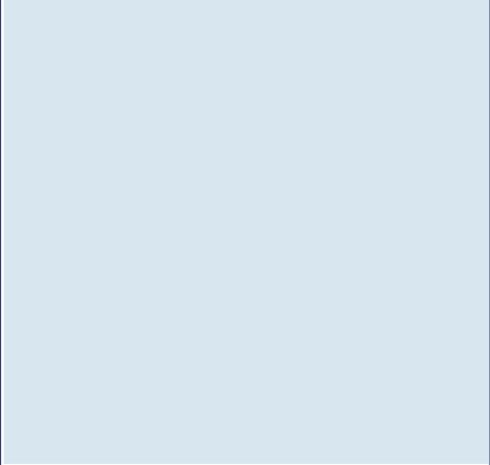
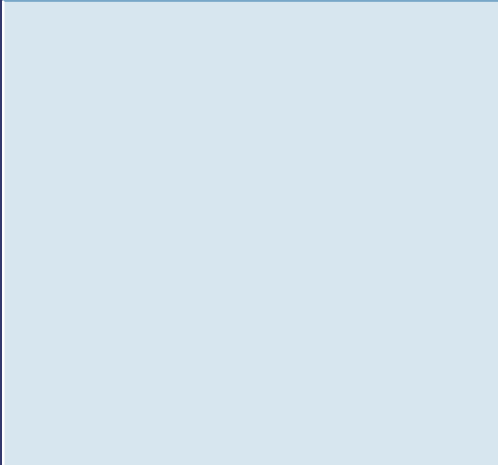
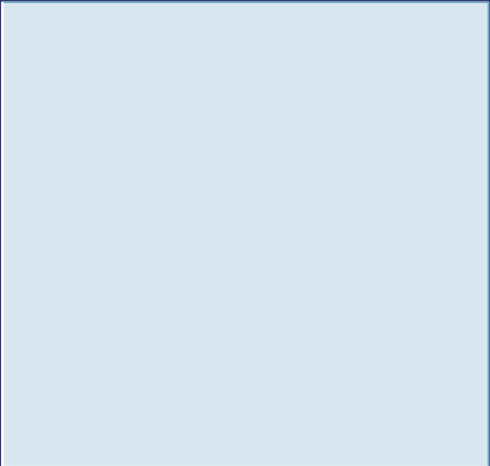
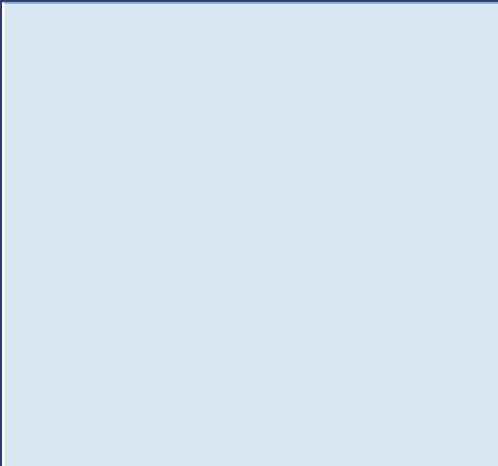
because it makes me feel: _____





Things I Like:

Add or draw a picture of what makes you happy.

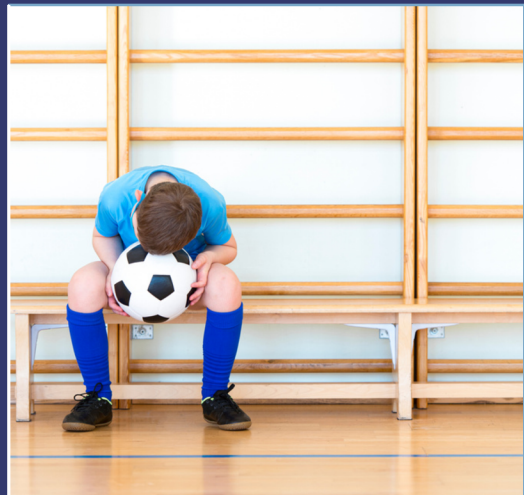
	
	





Things I Don't Like

It's just as important to know what you don't like. By sharing the things that make you uncomfortable or upset, you're helping your team avoid them and make sure you feel safe, calm, and respected. This section will help you share what you don't like, why it bothers you, and how it makes you feel. Knowing this helps everyone create a plan that keeps you safe, happy, and supported.





Let's start with the activities or situations that make you feel uncomfortable, upset, or anxious.



I don't like being in _____

(crowds, loud places, bright lights)

It makes me feel: _____

(overwhelmed, anxious, scared, uncomfortable)



I don't like some lights like: _____

(bright lights, flashing lights)

It makes me feel: _____

(overwhelmed, anxious, scared, uncomfortable)



I don't like hearing: _____

(loud noises, crying babies, certain music, hand dryers in restrooms, vacuums)

It makes me feel: _____

(dizzy, uncomfortable, anxious)



I don't like the smell of: _____

(strong perfumes, cleaning products, certain foods)

It makes me feel: _____

(sick, dizzy, uncomfortable)



I don't like the texture of: _____

(certain clothes, sticky foods, rough surfaces)

It makes me feel: _____

(uncomfortable, irritated, itchy)



I don't like it when people: _____

☐ Ask too many questions at the same time

☐ Rush me

☐ Use certain words like: _____ (e.g., "hurry up," "no," "relax")

☐ Talk to me like a baby

☐ Talk to me in a way that feels disrespectful

☐ Other: _____



No!

Other Things I Don't Like: _____

(cats, dogs, getting my hair cut, waiting in line, exercising, being alone)

because it makes me feel: _____

FOODS I LIKE AND DONT LIKE



Next, let's talk about your favorite foods.

What do you love to eat?

My favorite food is: _____

Other food I Like:

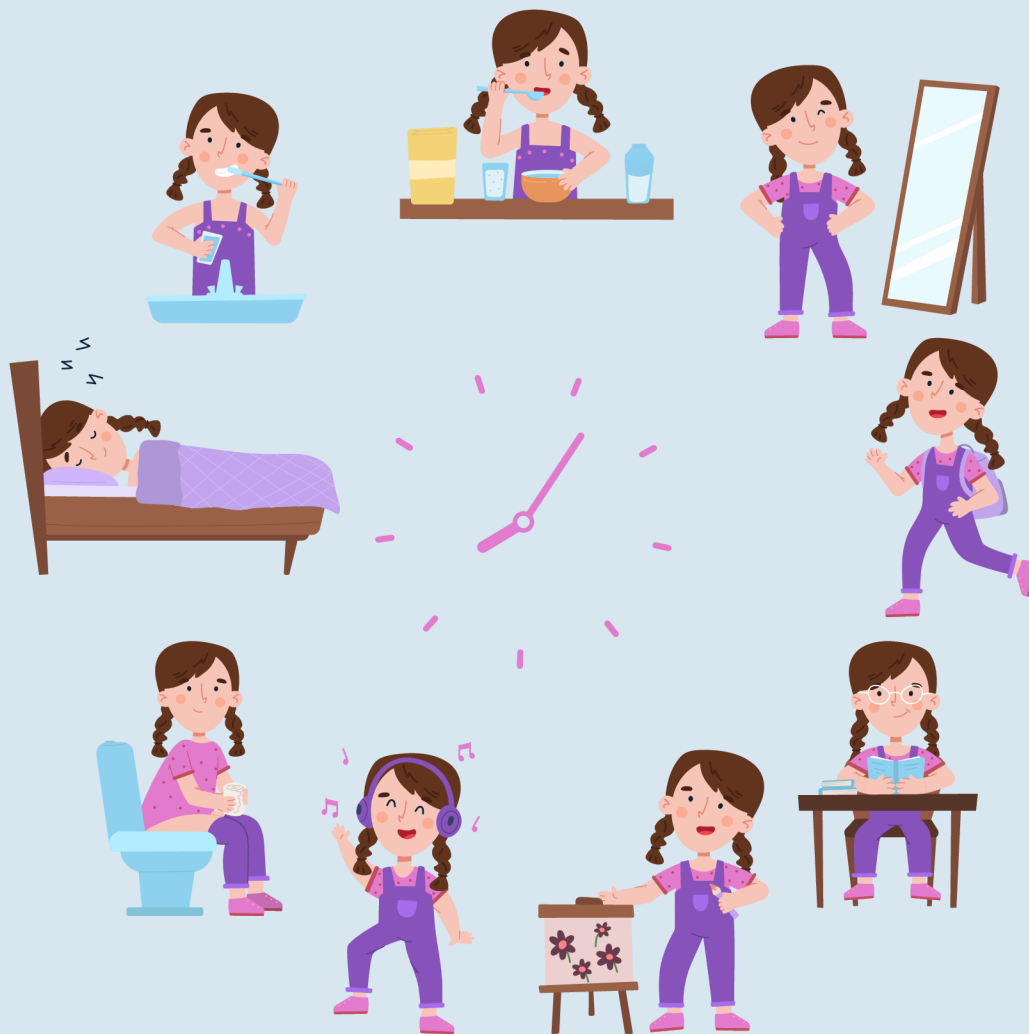
My least favorite food is: _____

Other food I Don't Like:

Foods I am allergic to:



My Daily Life



This section helps you describe what your days look like. By understanding your routine, your team can make sure your day-to-day life includes activities you enjoy, and helps you reach your goals in the best way.

My Weekly Schedule

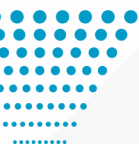
Morning

Time	Activity	Who supports me:	How I am supported:
12:00 am			
1:00 am			
2:00 am			
3:00 am			
4:00 am			
5:00 am			
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			



My Weekly Schedule Afternoon & Evening

Time	Activity	Who supports me:	How I am supported:
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
5:00 pm			
7:00 pm			
8:00 pm			
9:00 pm			
10:00 pm			
11:00 pm			



My Weekend Schedule

Morning

Time	Activity	Who supports me:	How I am supported:
12:00 am			
1:00 am			
2:00 am			
3:00 am			
4:00 am			
5:00 am			
7:00 am			
8:00 am			
9:00 am			
10:00 am			
11:00 am			

My Weekend Schedule

Afternoon & Evening

Time	Activity	Who supports me:	How I am supported:
12:00 pm			
1:00 pm			
2:00 pm			
3:00 pm			
4:00 pm			
5:00 pm			
7:00 pm			
8:00 pm			
9:00 pm			
10:00 pm			
11:00 pm			



What Could Be Better?

Is there something about your day that could be better? Maybe you want more free time or you'd like to try a new activity. Write down what you think would make your day even better.

I wish I had more time to: _____

I wish I could do more of: _____

Something I want to change about my day is: _____

I would like to try: _____
(new activities, meeting new people, etc.)

I would feel happier if: _____
(I had more friends, did more fun things, etc.)

I have Medical or Special Needs that Require Accommodations

It would help me if I had the following accommodations:

When I go in the Community I need: _____

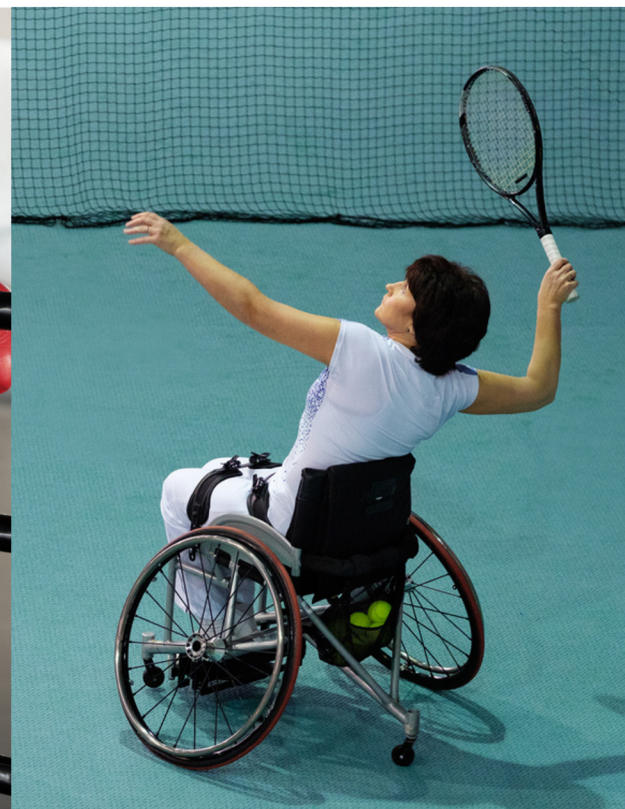
For meetings I need: _____

Other accommodations that could make my day to day living easier are:



WHAT'S IMPORTANT TO ME

This section focuses on the people, activities, and routines that matter most to you. It helps you identify the things that make you feel happy, safe, and supported, so these can be part of your life every day





What's Important to Me

Let's start with the things you love the most. These could be activities, hobbies, places you like to go, or things you like to do.

The activities that are important to me are: _____

My favorite hobbies are: _____

(painting, cooking, playing games, etc.)

Places that are important to me are: _____

(my home, park, school, etc.)

The people I love spending time with are: _____

(family, friends, neighbors)

What Do I Need in My Life?

Let's think about the things you need to feel safe, comfortable, and happy. These can be people, supports, or even activities that make your life better.

The things I need in my life are:

People who help me feel: _____

(safe, loved, happy, meet my medical needs).

Supports that make me feel: _____

(comfortable, cared for).

Things that help me: _____

(my headphones, blanket, stress toys).

Other things that are important to me:

WHAT'S IMPORTANT FOR ME



This section focuses on the things you need to stay healthy and safe, like medical needs, accommodations, or specific routines. It's also where you can share how you handle stress and what helps you cope in difficult situations.





What's Important for Me

This section is all about what you need to feel safe, healthy, and comfortable every day. It will help others understand your medical needs, the things that make you feel safe, and how to support you when you are feeling stressed. It's also a place to write down who to contact in an emergency.

Medical Needs:



I take medications? Yes / No

Do I need medical treatments or therapies? Yes / No

The treatments/therapies I need are:

What do I need to stay healthy? _____

What Makes Me Feel Safe?

I feel safe when: _____
(I am with certain people, in a quiet place, etc.)

People who make me feel safe are: _____

Places that make me feel safe are: _____
(my room, my grandparents home, etc)

Accommodations I Need to help me feel calm:

Sometimes people need extra help or special tools to feel comfortable.

I need these things to stay calm: _____
(A quiet space when I feel overwhelmed, extra time to finish tasks, etc.)

Other things that are important for me to stay calm: _____

Equipment I Need

Sometimes people use special equipment to help them with communication, health, or other needs.

The equipment I need to help me is:

(A communication device, a wheelchair or walker, medical equipment, G-Tube feeding, etc.)

Other things that are important for me:

GET PREPARED!

Emergency Planning

**In case of an emergency, it's important to have a plan.
Having this plan helps keep you safe and lets people know
how to help you.**

Who to Contact in an Emergency

In case of an emergency, it's important to know who to contact.

The person to contact is: _____

Phone number: _____

Relationship to me: _____

What should people do to help me?

(For example: call 911, take me to the hospital, help me stay calm)

I have health needs: _____

(For example: allergies, medications, or medical equipment I use)

What should be in my emergency kit?

(For example: medicine, contact information, snacks, and important papers)

Where do I keep important information?

(For example: in my wallet, phone, or a folder at home)





MY STRENGTHS



& TALENTS



YOU HAVE MANY STRENGTHS, TALENTS, AND SUCCESSES! THIS SECTION HELPS YOU CELEBRATE WHAT YOU'RE GOOD AT AND THINK ABOUT HOW YOUR STRENGTHS CAN HELP YOU BUILD A BRIGHT FUTURE. KNOWING YOUR TALENTS HELPS YOUR TEAM CREATE A PLAN THAT BUILDS ON WHAT YOU'RE ALREADY GREAT AT.

How Can I Find My Strengths and Talents?



If you're not sure what your strengths or talents are, that's okay! Here's a way to help you figure them out:

- Think about your hobbies: What do you like to do for fun? Are you good at playing sports, making crafts, or helping people?
- Think about school or work: Are you good at solving problems, working with others, or organizing things?
- Think about the things you enjoy: What makes you feel happy or proud? These could be strengths!

Example:

- If you enjoy drawing, your strength might be creativity!
- If you're good at soccer, your talent could be working as a team or being athletic.

If you still need help, ask your family, friends, or teachers what they think you're good at. They might see strengths that you didn't notice!

What Are My Strengths?

I am great at: _____
(being a kind friend, helping others, being responsible)

I am good at: _____
(making people laugh, telling stories, being creative)

People say I'm really good at: _____
(listening, being patient, being a good leader)

For fun, I'm really good at: _____
(video games, making crafts, telling jokes)

Successes: What Have I Achieved?

I am proud of achieving:

(learning how to cook, making new friends, getting a good grade)

Some successes I want others to know about are: _____

(winning an award, learning a new skill, helping others)

[illegible]

Identifying My Dreams

Everyone has dreams, and with the right support, anything is possible! This page will help you explore your dreams in different areas of life. For each dream, we'll look at what you need to reach it, including any support, equipment, or tools. You can also think about any challenges that might make it hard to reach your dreams and goals.

Dreams for My Education

What do I want to learn?

My dream is to learn: _____

(reading, math, art, learning a new skill)

What support do I need to reach this dream?

I need support from: _____

(tutors, teachers, a family member)

What equipment or supplies do I need?

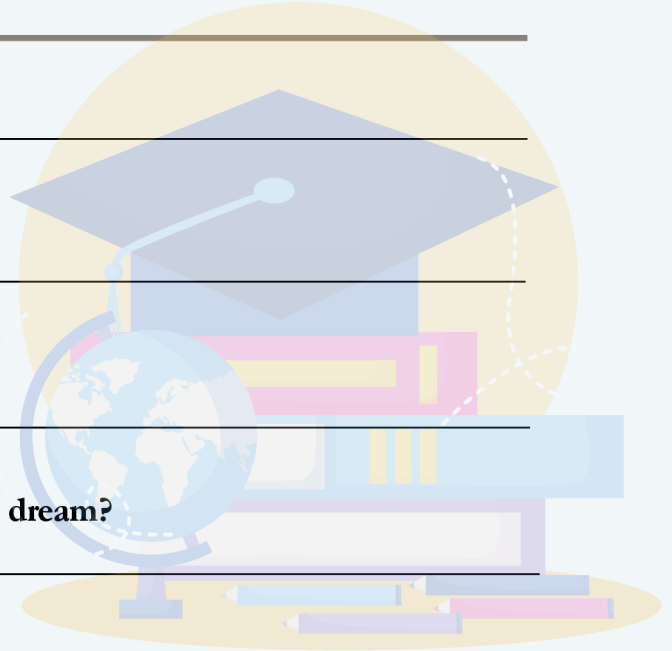
I need: _____

(notebooks, technology, study guides)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(finding a tutor, difficulty understanding, transportation, need one-on-one support)



Dreams for My Career or Job

What kind of job or career would I like to have?

My dream job is: _____

(working with animals, being a chef, helping people)

What support do I need to reach this dream?

I need support from: _____

(a job coach, career counselor, family, one-on-one support)

What equipment or supplies do I need?

I need: _____

(uniform, training materials, resume help)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(finding training, transportation to work)



Identifying My Dreams

Personal Growth Dreams

What personal skills would I like to learn?

My dream is to: _____

(learn self-care, build confidence, live independently)

What support do I need to reach this dream?

I need support from: _____

(a mentor, family member, personal coach)

What equipment or supplies do I need?

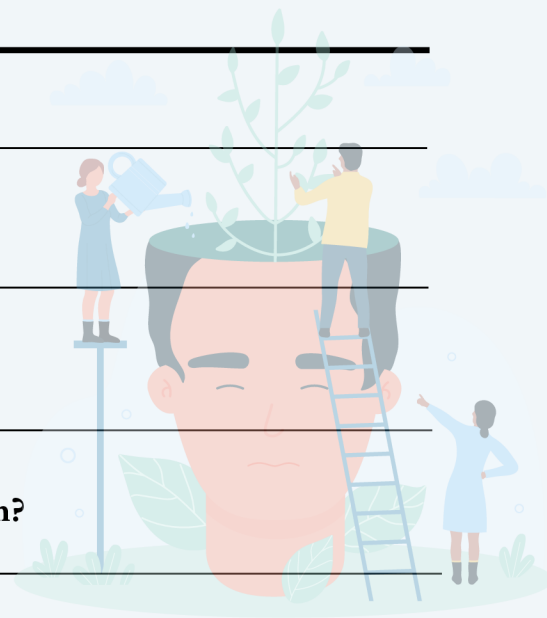
I need: _____

(organizers, self-care tools, reminders)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(sticking to a routine, needing more practice)



Community Participation Dreams

How would I like to be involved in my community?

Be involved by: _____

(join a club, volunteer, attend local events)

What support do I need to reach this dream?

I need support from: _____

(volunteer organizations, friends, community groups, one-on-one support)

What equipment or supplies do I need?

I need: _____

(transportation, information on events, club memberships)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(staying safe, transportation)

Social Life Dreams

What do I want my social life to look like?

My dream is to: _____

(make new friends, join a social group, date)

What support do I need to reach this dream?

I need support from: _____

(friends, support groups, social coaches, one-on-one support)

What equipment or supplies do I need?

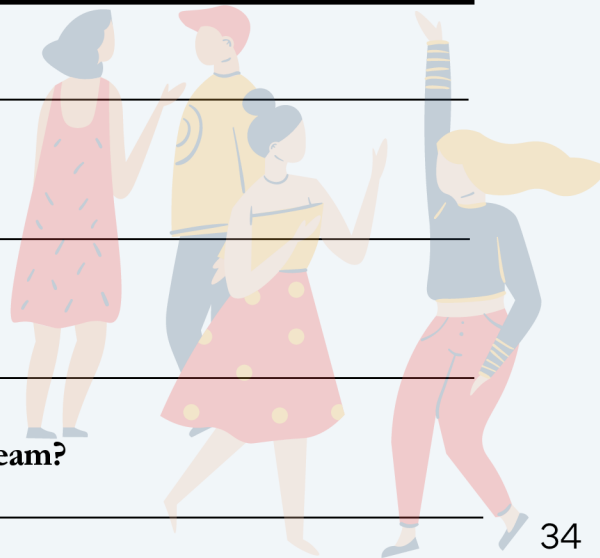
I need: _____

(transportation, access to social events, social media tools)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(feeling shy, limited transportation)



Identifying My Dreams

Family Dreams

How can I be more involved with my family?

My dream is to: _____

(visit more often, get closer to family, plan family gatherings)

What support do I need to reach this dream?

I need support from: _____

(family members, support from caregivers)

What equipment or supplies do I need?

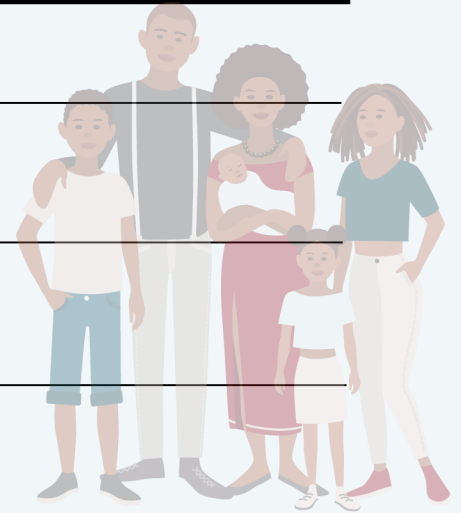
I need: _____

(transportation, communication tools)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(living far away, busy schedules, transportation)



Living and Housing Dreams

Where would I like to live, and with whom?

My dream is to live: _____

(in my own apartment, with a roommate, by myself)

What support do I need to reach this dream?

I need support from: _____

(housing programs, family, friends)

What equipment or supplies do I need?

I need: _____

(furniture, kitchen supplies, home maintenance support)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(affording rent, finding housing, rent money)

Financial Dreams

What would I like to learn about money?

My dream is to: _____

(learn to save, budget, handle finances)

What support do I need to reach this dream?

I need support from: _____

(financial coach, budgeting classes, family)

What equipment or supplies do I need?

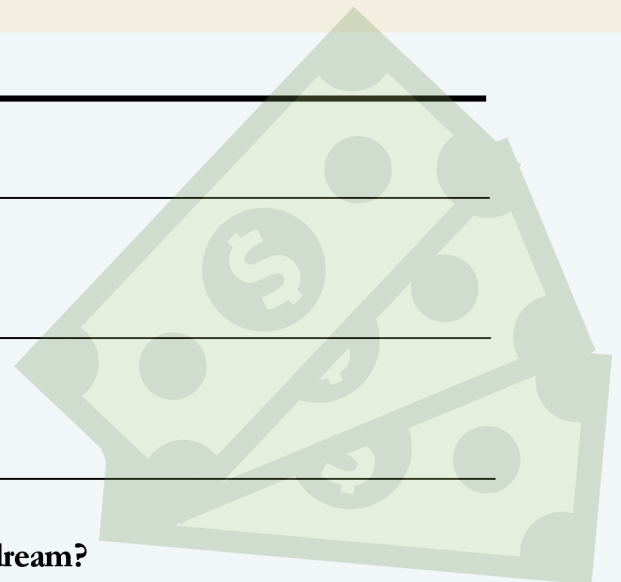
I need: _____

(budgeting apps, envelopes for saving, money-handling guides)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(difficulty understanding money, needing reminders)



Identifying My Dreams

Health Dreams

What health goals do I have?

My dream is to: _____

(exercise regularly, eat healthier)

What support do I need to reach this dream?

I need support from: _____

(trainer, nutritionist, family support)

What equipment or supplies do I need?

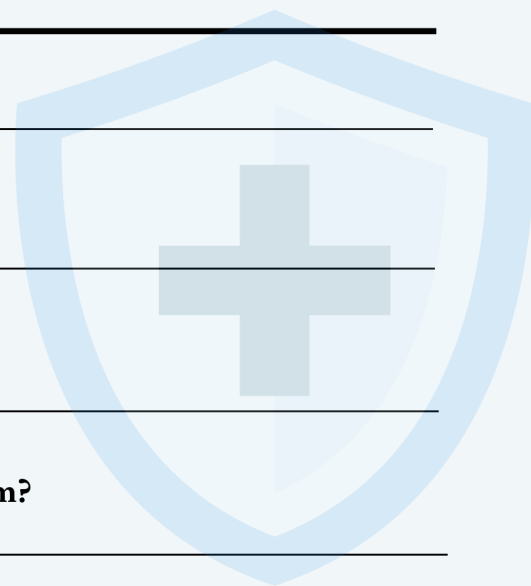
I need: _____

(fitness gear, healthy foods, exercise classes)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(staying motivated, finding the right resources)



Safety Dreams

What are my safety goals?

My dream is to: _____

(learn about stranger danger, stay safe in public)

What support do I need to reach this dream?

I need support from: _____

(safety classes, family guidance, constant supervision, one-on-one support)

What equipment or supplies do I need?

I need: _____

(safety alarms, personal ID)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(feeling unsure, needing extra practice, finding a safety trainer or class)

Communication Dreams

What communication skills would I like to work on?

My dream is to: _____

(speak confidently, self-advocate, learn more words)

What support do I need to reach this dream?

I need support from: _____

(speech therapy, role-playing with others)

What equipment or supplies do I need?

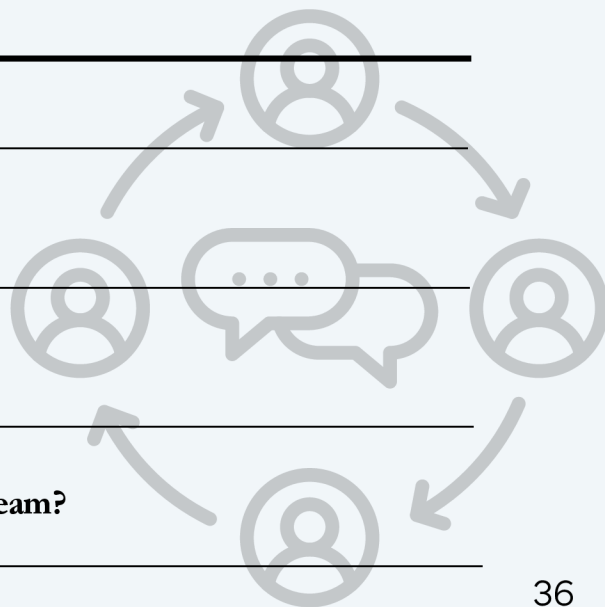
I need: _____

(communication devices, flashcards, support tools)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(limited verbal ability, shyness, finding a communication partner)



Identifying My Dreams

Entertainment Dreams

What fun activities do I want to do?

My dream is to: _____

(go to concerts, see movies, dance)

What support do I need to reach this dream?

I need support from: _____

(friends to join, transportation, someone to keep me safe)

What equipment or supplies do I need?

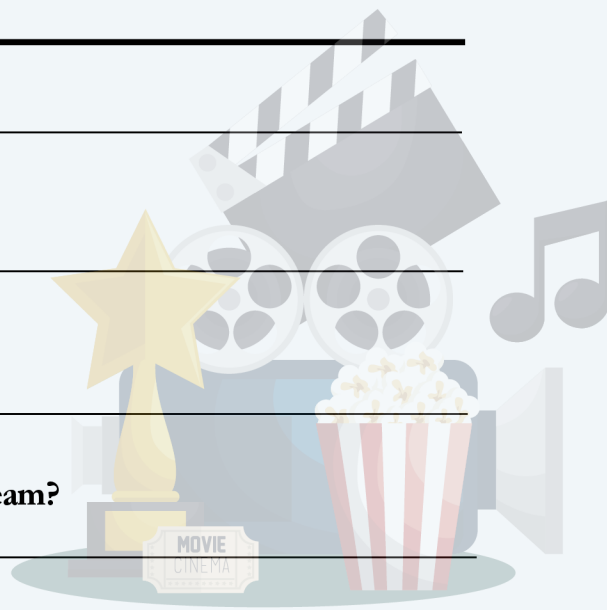
I need: _____

(tickets, transportation)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(transportation, cost of activities)



Recreation Dreams

What sports or physical activities would I like to do?

My dream is to learn or play: _____

(soccer, swimming, dancing)

What support do I need to reach this dream?

I need support from: _____

(coach, teammates, personal trainer)

What equipment or supplies do I need?

I need: _____

(sports gear, gym membership)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(cost, finding a team, or local business that can provide services)

Self-Advocacy Dreams

What self-advocacy skills would I like to build?

My dream is to: _____

(learn to save, budget, handle finances, know my rights, stand up for myself, understand legal protections)

What support do I need to reach this dream?

I need support from: _____

(advocacy group, legal mentors, training, a course)

What equipment or supplies do I need?

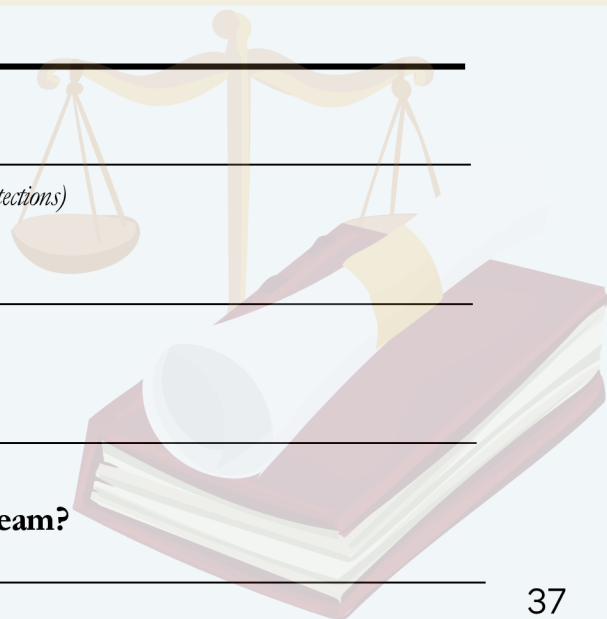
I need: _____

(rights handbooks, training materials)

What challenges or barriers might make it hard to reach this dream?

Some challenges I might face are: _____

(finding the right resources, gaining confidence)





GETTING READY FOR MY PCP MEETING



Your Person-Centered Plan (PCP) meeting is all about you! This is your time to share your dreams, goals, and ideas with the people who support you. You get to decide how the meeting will go, what will be talked about, and who will be there.

Let's get ready for your meeting with this checklist!



What Do I Want to Talk About?

Think about the most important things you want to talk about during your meeting. You also get to choose if there's something you don't want to talk about.

Things I want to talk about:

- My goals and dreams
- What's working in my life
- What's not working
- How everyone can support me.
- Other: _____

Things I don't want to talk about:

- Some topics might be hard to talk about. You can write them here if you don't want them discussed, for example, certain health needs, my grades, what I can't do, my private life, etc.
- Things not to discuss: _____



What Accommodations Will I Need?

Accommodations are the things that make it easier for you to participate. What will help you feel comfortable during the meeting?

Communication: _____

(someone to help me share my thoughts, using a communication device)

Visual supports: _____

(like pictures, charts, or notes)

Having a quiet place for the meeting:

Other:



Who Do I Want at My Meeting?

You get to decide who comes to your meeting. Invite people who make you feel safe and comfortable.

Who do I want to invite?

Family: _____

Friends: _____

People who help me:

(like a Service Coordinator or Service Providers):

Who do I NOT want at my meeting?

If there's someone you don't feel comfortable with, you can decide they shouldn't come: _____

Who will send the invitations?

Will you invite everyone, or would you like someone to help?

Write down who will send the invites:



This Meeting is About ME!

Remember, this meeting is all about you! You are the most important person at the meeting, and your voice matters the most. Everyone who comes is there to listen to you, help you reach your goals, and support your dreams. Don't be afraid to share your thoughts and ideas! This is your time to be heard.



How Do I Want My Meeting to Happen?

This is your meeting, and you get to choose how it happens. Think about where and when you want the meeting, and what will make you feel comfortable.

Do I want the meeting to be:

_____ In person

_____ Virtual (on a computer)

When should the meeting be?

The best time for me is: _____
(morning, afternoon, evening)

The meeting should last: _____

(an hour, two hours, etc.)

Where should we meet?

_____ At my home

_____ Somewhere else: _____



Cultural or Religious Norms

Are there any cultural or religious traditions that people need to know about during your meeting? Write them down here so others can respect them.

(prayer times, certain ways of speaking, taking off your shoes, etc.)



How Can People Keep Me Engaged During the Meeting?

Sometimes meetings can feel long. Think about what will help you stay focused and comfortable.

I need breaks every: _____ minutes

Breaks should last: _____ minutes

Things that help me stay focused:

(snacks, taking a walk, fidgeting with something)

What Could Make Me Feel Uncomfortable?

Meetings can sometimes feel overwhelming. Think about what might make you feel stressed or uncomfortable, and how people can help.

When I feel uncomfortable, it helps when:

_____ I take a short break

_____ The lights are dimmed

_____ Things are quieter

_____ Other: _____

What things might trigger me?

(Loud noises, bright lights, certain smells, People rushing me, too many people talking at once)

Other: _____

How Can We Make the Meeting Fun and Engaging for Me?

How can we make the meeting fun for you?

Bringing snacks or food I like: _____

Playing music I enjoy: _____

Playing games or doing something fun: _____

Other: _____

What Questions Do I Have?

If you have any questions for the people at your meeting, write them down. It's important to ask questions so everyone understands what you need.



Questions I have for my team:

(About my goals or my future. About the support I can get. etc.)

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

11.

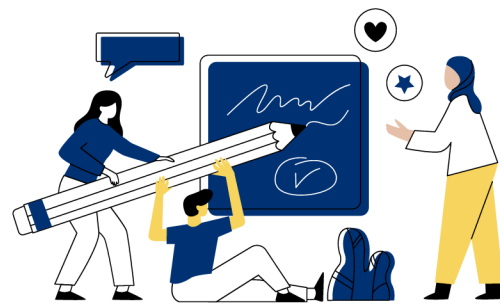
12.

NEXT STEPS AFTER MY PCP MEETING



Now that you've completed your PCP meeting, it's time to take the next steps in the Self-Determination Program (SDP). This section walks you through what happens after the meeting, including setting up your budget and creating your Spending Plan. It also explains the importance of having control over your life and how SDP gives you the tools to make your dreams come true.

NEXT STEPS AFTER YOUR PCP MEETING



Congratulations on completing your Person-Centered Plan (PCP) meeting! You've taken an important step toward building a life that reflects your dreams, goals, and needs. Now, let's walk through what happens next and how to move forward in the Self-Determination Program (SDP)

01

Your PCP Report

After your meeting, your Independent Facilitator (IF), Parent, Caregiver, or the person helping you with your planning will prepare a PCP report. This report will include everything you talked about in your meeting: your goals, strengths, challenges, and the services you need to reach your dreams. Your PCP report will be sent to your Regional Center, and they will use it to help create your budget and next steps.

02

Your Budget Meeting

Next, you'll have a meeting with your Service Coordinator to go over your Individualized Budget. Your Service Coordinator will explain the services available to you and work with you to create a plan of services that will be included in your budget.

03

Create Your Spending Plan

Once you have your budget, it's time to create a Spending Plan. Your Spending Plan should reflect your goals and help you achieve your dreams described in your PCP. Once it's done, it will be sent to your Service Coordinator.

04

Set Up Your Financial Management Service (FMS)

You'll also need to set up an account with a Financial Management Service (FMS). The FMS helps manage your budget by paying your service providers, tracking your spending, and making sure everything is done correctly.

05

Finding Service Providers

Now that your Spending Plan is complete, you'll need to find service providers to help you achieve your goals. These could be people or organizations that provide things like therapies, job coaching, or social activities.

06

Start Your SDP Journey

Once everything is in place—your PCP report, budget, Spending Plan, and FMS account—you'll be ready to start using the Self-Determination Program! Your Service Coordinator and FMS will let you know when everything is approved, and then you can begin using your services and supports.



You Are on Your Way!



What is the Self-Determination Program (SDP) Really About?

The Self-Determination Program is about you. It's about freedom, control, and choice. You get to decide how your services are provided, who helps you, and how you use your budget. Here's what SDP gives you:

- **Freedom:** You choose how to live your life, what goals to pursue, and what services you use.
- **Authority:** You have control over your budget and how to spend it to meet your needs.
- **Support:** You choose who helps you—whether it's family, friends, or providers.
- **Responsibility:** You're in charge of your services and making sure they help you reach your goals.
- **Confirmation:** You are recognized and respected for your strengths, and your choices are honored.

By starting your Self-Determination journey, you've taken the first step toward living a life of dignity, independence, and respect. You now have the freedom to make choices that fit your life and the support to reach your dreams. This program gives you the tools to build the life you want—a life where your voice is heard, and your goals are at the center.

Remember, your journey is just beginning, and the possibilities are endless. Keep dreaming big and know that you are in control.

Welcome to the Self-Determination Program!

Contact Us

Sponsored by the Alta California Regional Center Self-Determination Program Local Advisory Committee SDPQuestions@altaregional.org

In collaboration with The Independent Facilitator Training Academy
www.iftrainingacademy.com, info@iftrainingacademy.com

