

FREQUENTLY ASKED QUESTIONS: BENEFITS AND ENROLLMENT IN THE SELF-DETERMINATION PROGRAM (SDP)

This guide answers common questions about the Self-Determination Program (SDP). It explains how it can benefit you. If you're curious about how SDP works and how it gives you more control over your services, this guide will help you understand the basics and decide if it's right for you.

What is the Self-Determination Program (SDP)?



The Self-Determination Program (SDP) gives you control over your services and supports. Instead of being limited to service options by the Regional Center, you can select the service providers that work best for you and help you with goals and needs.

You decide how to spend your Regional Center service budget money and choose the providers you want to work with, giving you more flexibility and creativity in your services.

How does SDP improve my choice and control?

In the Regional Center traditional system, how services are provided can be a barriers for some individuals. You usually need to work with the providers that are approved by the Regional Center, and sometimes the providers do not meet your needs.

In SDP, you're in charge:

- You decide which goals are most important to you.
- You hire the providers that best fit your needs to reach your goals.
- You have the freedom to use your budget money creatively for things like social activities or unique therapies.



SDP lets you build a life plan based on your personal goals.

Who is eligible for SDP, and how do I know if it's right for me?

Anyone who qualifies for Regional Center services under the Lanterman Act is eligible for SDP. Children under 3 may have some restrictions.

Consider SDP if:

- You want to build your own life plan that fits your vision for your future.
- You have specific goals that aren't easily met with the Regional Center traditional services.
- You want more control to choose your service providers and the staff that will help reach your dreams.

If you're unsure, talk to your Service Coordinator or attend an SDP orientation to learn more.



How do I start the process, and how long does it take?

To start:

1. Attend an SDP Orientation: Sign up through your Regional Center, talk to your Service Coordinator.
2. Create a Person-Centered Plan (PCP): This plan outlines your goals and the supports you need.
3. Get Your Budget: Your budget is based on the services you used in the traditional system.
4. Develop a Spending Plan: This shows how you'll spend your budget money to meet your needs.



Transitioning to SDP can take a few months. Your Independent Facilitator (IF) or Service Coordinator can help with each step.



What if I need help during the process?

You can hire an Independent Facilitator (IF) to help with the entire SDP process. They assist with creating your PCP, managing your budget money, and finding service providers. An IF advocates for you to make sure you get the services you need.



Can I change my mind and return to traditional services?

Yes! If SDP isn't right for you, you can return to traditional Regional Center services at any time. SDP is flexible, and if it's not working, you can switch back.

Why should I choose SDP over traditional services?

Here are some reasons to choose SDP:

- More Independence: You control the services and providers.
- Creative Options: Include unique services like fun activities or skill-building programs that aren't available in the traditional system.
- Stronger Control: You make decisions about how to use your budget, creating a life plan that fits your goals and dreams.



The Self-Determination Program is a great option if you want more control, flexibility, and the freedom to design a plan that helps you reach your personal goals

Talk to your Regional Center Service Coordinator to get started today!



Sponsored by the Alta California Regional Center Self-Determination Program Local Advisory Committee

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

