

How to Involve Your Family and Community in the Self-Determination Process

The Self-Determination Program (SDP) gives you control over your services and supports, but you don't have to go through the process alone. Involving your family and community can provide extra support and ideas to create a plan that works for you. This guide explains how to engage your loved ones and community in the SDP process.

Why Involve Your Family and Community?

Involving your family and community can make your journey in SDP easier. Here's why:

- **Extra Support:** Family members can help you make decisions and attend meetings with the Regional Center.
- **Creative Ideas:** Your loved ones can suggest new ways to reach your goals, like finding services or activities that interest you.
- **Stronger Advocacy:** Family and friends can advocate for your needs and make sure your choices are respected.
- **Wider Network:** Your community connections can help you find new service providers, activities, or job opportunities.



Steps to Involve Family and Community in Your Person-Centered Plan (PCP)

1. Bring Them into the Planning Process
 - Invite family and trusted friends to meetings with your Independent Facilitator (IF) or Service Coordinator. They can share ideas and make sure the services fit your values and culture.
2. Create a Circle of Support
 - Your circle of support is a group of people who help you reach your goals. This could be family, friends, neighbors, or others in your community. They can offer advice and help you plan for the future.
3. Consider Cultural and Language Needs
 - If you speak a language other than English or have important cultural traditions, involve your family and community in choosing services and providers who understand and respect those needs.



Practical Ways for Family Involvement

- Attend the SDP Orientation:
 - Your family can join you at the SDP Orientation to learn the rules and benefits of the program.
- Help with Paperwork and Advocacy:
 - The SDP process can feel overwhelming. Your family can help with tasks like filling out forms, contacting providers, and ensuring your choices are followed.



Connecting with Community Resources

- Join Support Groups:
 - Some communities have local or online support groups for people in SDP. These groups can give advice, share experiences, and provide a support network.
- Attend Self-Determination Local Advisory Committee (SDLAC) Meetings:
 - Every Regional Center has a Self-Determination Local Advisory Committee (SDLAC) that meets to discuss the program and how it's working for participants. These meetings are open to the public and are a great way for you and your family to learn more about the program, connect with others, and share ideas.



Benefits of Attending SDLAC Meetings:

- Networking: Meet other participants, Independent Facilitators, and service providers.
- Stay Informed: Learn about updates or changes to SDP policies.
- Community Engagement: Share your experiences and hear from others. It's a chance to help improve the SDP process for everyone.



Benefits of Family and Community Involvement

- Advocacy and Support: With family and community involved, you have a team of people advocating for your needs and ensuring your choices are respected.
- Accountability: Your family and community can help keep your plan on track and make sure you meet your goals.
- New Opportunities: Family and community can introduce you to new services, jobs, and activities that match your goals.



Involving your family and community in the Self-Determination Program helps you create a plan that is personalized, culturally respectful, and fully supports your goals. With their help, you can build a network of support to achieve your dreams and live a meaningful life.

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