

# SDP Enrollment Checklist

This checklist will help guide you step-by-step through the process of joining the Self-Determination Program (SDP). Each step brings you closer to having more control over your services and making choices that fit your life.

## STEP

01

Attend an Information Meeting

Call your Regional Center to sign up for an SDP information meeting. You will learn how SDP can give you more control over your services.

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## STEP

02

Confirm Your Eligibility

Talk to your Service Coordinator to check if you or your loved one is eligible for SDP.

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## STEP

03

Complete Orientation

Gain insights on managing and executing project tasks.

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## STEP

04

Choose an Independent Facilitator (IF)

Choose an Independent Facilitator to help guide you through the process. An IF is not required, but it is very helpful.

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## STEP

05

Obtain Your Individualized Budget

Work with your Service Coordinator to get your Individualized Budget, which will fund your services and supports.

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## STEP

06

Create a Person-Centered Plan (PCP)

Work with your IF, family, or others to develop a Person-Centered Plan (PCP). This plan should reflect your life goals and the supports you need.

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**STEP****07****Create a Spending Plan**

Develop a Spending Plan with help from your IF, family, or Service Coordinator, showing how you will use your budget to meet your needs.

**STEP****08****Choose a Financial Management Service (FMS)**

Pick a Financial Management Service (FMS) to manage your budget, handle payments, and track your spending.

**STEP****09****Finalize Your Individual Program Plan (IPP)**

Meet with your Service Coordinator to go over your final Individual Program Plan (IPP), which includes your spending plan and chosen services.

**STEP****10****Start Using Your Services**

Begin using the services in your plan and check in regularly with your IF and FMS to ensure everything is working well.

**STEP****11****Review Your Plan Yearly**

Every year, review your plan with your IF and Service Coordinator to update your services based on your changing needs.

**Ready to Get Started?**

The Self-Determination Program is your chance to take control of your services and supports. It's about choice, flexibility, and independence.

For more information or to get started, contact your Regional Center Service Coordinator or email [SDPQuestions@altaregional.org](mailto:SDPQuestions@altaregional.org) today.

