

The Self-Determination Program (SDP) Spending Plan Guide: Your Path to Independence and Flexibility

Understanding the Spending Plan

The Spending Plan helps you decide how to use your budget money in the SDP. It shows the services and supports you need to reach your life goals, like finding a job, improving your health, or being more involved in your community.

This plan is all about you—your choices, goals, and future. You are in control of how to use your budget money.



How Do I Get My Budget?

- The Regional Center looks at what you spent on services in the last year.
- If your needs change, your budget can be adjusted.
- You will work with your Service Coordinator to understand how much money you'll have and how to use it in your Spending Plan.



What Can You Include in a Spending Plan?

You can include services that are important to your life, health, and goals, such as:

- Community Activities: Classes, sports, or cultural events.
- Health and Wellness: Therapy, gym memberships, or a personal trainer.
- Technology: Devices that help you become more independent.
- Skill Building: Classes to learn new life skills like cooking or using a computer.
- Specialized Support: Services like music therapy or equine therapy.



Adjusting Your Spending Plan as Your Needs Change

Your Spending Plan is flexible. You can change it if your needs or goals change.

For example:

- If you want job training or to start a business, you can add job coaches or materials.
- If you need more personal care, you can update your plan for more help.



How Does SDP Compare to Traditional Services?

In the traditional system:

- The Regional Center asks you to choose from a list of providers.
- Providers are limited, and you don't always get to pick your staff.

In SDP:

- You decide what services you need.
- You can include services that aren't in the regular system.
- You have the freedom to design services that fit your culture and preferences.



What is the Individualized Budget?

Your Individualized Budget is the amount of money the Regional Center gives you each year. It's based on the services and support you received over the last 12 months. Using your budget funds in SDP gives you the freedom to choose creative service options based on your personal needs and goals.



Why Is the Spending Plan Important?

- **Control:** You decide what services you need and how to spend your money.
- **Flexibility:** You're not stuck with traditional services. You can change things if they don't work for you.
- **Cultural Fit:** You can include services that reflect your culture and values.
- **Supports Your Life Goals:** Your Spending Plan helps you reach your personal and life goals.



Steps to Create Your Spending Plan

1. Review Your Budget: Understand how much money you have for the year.
2. Work with Your Team: Get help from your Independent Facilitator (IF), Service Coordinator, and family.
3. List Your Services: Write down what services or supports you need.
4. Develop Your Spending Plan: Use your budget to pay for the services on your list.
5. Monitor Your Spending: Your FMS will track your spending and send you monthly reports.



Creative Ways to Use Your Spending Plan

You can use your Spending Plan for:

- **Hobbies:** Learn painting, gardening, or photography.
- **Cultural Experiences:** Include language classes or cultural events.
- **Technology for Independence:** Use devices to help you stay safe.
- **Community Services:** Join groups or activities that connect you to your neighborhood.



How Does the FMS Help?

The Financial Management Service (FMS) makes sure your Spending Plan is followed:

- They pay your service providers.
- They track your expenses.
- They give you monthly reports on your spending.



Key Benefits of the SDP Spending Plan

- **Personalized Services:** You choose services that matter to you.
- **Flexibility:** Create a plan that fits your unique needs.
- **Control Over Your Life:** You manage your budget and services.
- **Better Quality of Life:** Choose services that align with your values and goals.

Your Spending Plan is a reflection of your goals and dreams. With SDP, you can create a plan that works for you, giving you more independence, control, and flexibility.

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

