

SELF-DETERMINATION PROGRAM (SDP) TERMINOLOGY SHEET

This terminology sheet explains important terms used in the Self-Determination Program (SDP). These are some common words you will hear in the Self-Determination Program, it is important for you to understand them before you get started on your SDP journey.

For more information or to get started with SDP, contact your Regional Center Service Coordinator or email SDPQuestions@altaregional.org.

ACCOMMODATIONS	Changes made to help you fully participate, like ramps or large print.
ACTION PLAN	A simple list of steps showing how to reach the goals you want to do and how to do it.
AUTHORITY (SDP PRINCIPLE)	You are in control of your money and services.
CULTURAL DIVERSITY	Respecting and valuing different languages and cultures.
CHALLENGES & BARRIERS	Problems or obstacles that make it hard to reach your goals.
COMMUNITY INTEGRATION	Being part of your community through work, school, or activities.
CONFIRMATION (SDP PRINCIPLE)	Being recognized for your strengths and respected for your choices.
CUSTOMIZED EMPLOYMENT	A job created for you based on your skills and interests.
DECISION MAKING	Choosing the help you need, how you want to live your life and how to spend your money.
FAIR HEARING	A process to challenge the Regional Center for a decision you disagree with.
FAMILY GOALS	Hopes and dreams you have for your family.

FREEDOM (SDP PRINCIPLE)	The ability to make your own choices about how you live and the services you use.
FMS (FINANCIAL MANAGEMENT SERVICE)	A company that helps manage your SDP budget and payments.
GOALS & DREAMS	Dreams: What you want to achieve in your life, like work or personal life. Goals: The steps to achieve your dreams.
HCBS FINAL RULE	A federal rule that ensures equal rights for people receiving services.
HEALTH & SAFETY	Making sure you are healthy and safe in your daily life activities.
HIPAA & PROTECTED HEALTH INFO	A law that keeps your health information private.
HOME GOALS	Goals for living independently, like learning to cook or cleaning your home.
INDIVIDUAL BUDGET	The total amount of Regional Center approved money you have each year to pay for services.
INDIVIDUAL PROGRAM PLAN (IPP)	A written plan that describes your goals and the support you need provided by the Regional Center.
INFORMED DECISION	Making a choice based on having all the information you need to fully understand your choices.
LIVING ARRANGEMENTS	Where and how you live, like with family or on your own.
MEANINGFUL LIFE	Living a life that makes you happy and doing things important to you.
MICRO-ENTERPRISE	A small business that you own and run.
NATURAL SUPPORT	People in your life, like family or friends, who help you without being paid.

PARTICIPANT (IN SDP)	A person enrolled in SDP who manages their own services and budget.
PARTICIPANT-DIRECTED GOODS	Services or items you buy with your SDP budget to help meet your goals.
PERSONAL GOALS	Goals focused on what you want to achieve, like finding a job or learning new skills.
PERSON-CENTERED PLAN (PCP)	A plan that focuses on your goals and preferences to guide your support.
PCP REPORT	A document that summarizes your Person-Centered Plan.
REGIONAL CENTER	A community organization that helps you access services and supports.
RESOURCES	Organizations, services, and help that support you in reaching your goals.
RESPONSIBILITY (SDP PRINCIPLE)	In SDP, you are responsible for managing your services and budget.
SDP ORIENTATION	Training that explains how SDP works and your responsibilities.
SELF-DETERMINATION LAW SB468	A California law that created the Self-Determination Program.
SELF-DETERMINATION PROGRAM (SDP)	A Regional Center program that gives you control over your services and budget.
SELF-DETERMINATION TRANSITION	Moving from the Regional Center traditional (regular) service system to the Self-Determination Program (SDP).
SERVICE PROVIDER	A person or company that provides the services you need.
SERVICE COORDINATOR	A person at the Regional Center who helps plan your services and supports.

STRENGTHS	Things you are good at or that make you unique.
SUPPORTING STAFF	People who help with your services, like caregivers or job coaches.
SUPPORT COACH & LIFE COACH	A person who helps you reach your goals and improve your life.
SUPPORTS NEEDED	The help you need to reach your goals, like personal care or job support.
TRADITIONAL REGIONAL CENTER SYSTEM	The Regional Center regular system where you are required to use Regional Center vendors / providers.



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Self-Determination!



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