

Step-by-Step Guidance on the Self-Determination Program (SDP) Process

The Self-Determination Program offers you the freedom to choose and direct the services that support your needs, preferences, and goals. Below is a simple, step-by-step guide to help you through the SDP process.

1

ATTEND AN INFORMATION MEETING

- **What It Is:** Your first step is attending an SDP information meeting. This meeting explains what SDP is and how it can benefit you.
- **Why It Matters:** The meeting shows you how SDP gives you more choice and control over your services.
- **Action:** Call your Regional Center or check their website to locate a local or virtual SDP information meetings.

2

COMPLETE THE SDP ORIENTATION

- **What It Is:** After the information meeting, you need to attend an SDP orientation. This is a required step.
- **Why It Matters:** In the orientation, you'll learn how to create a plan for your services, set up your Spending Plan, and manage your supports.
- **Action:** Sign up for the orientation, either online or in person.

3

FINDING YOUR SUPPORT

- **What It Is:** An Independent Facilitator (IF) is someone who helps guide you through the SDP process. They assist with developing your Person-Centered Plan (PCP), help with the budget, and advocate for your needs.
- **Why It Matters:** Having an IF is highly recommended because they understand the process and can make sure you get the services you need.
- **Action:** Talk to your family or Regional Center about finding an Independent Facilitator that fits your cultural values and needs.

4

CREATE A PCP

- **What It Is:** The Person-Centered Plan (PCP) focuses on your life goals and preferences. It shows how you want to live and what services you need to reach your goals.
- **Why It Matters:** The PCP is your guide for making choices in SDP. It reflects what's most important to you, like family, community, work, or health.
- **Action:** Work with your IF, family, and trusted individuals to create a plan that fits your goals.

5

OBTAIN YOUR INDIVIDUALIZED BUDGET

- **What It Is:** The Individualized Budget is the amount of money you will have each year to pay for the services in your plan. This budget is based on the Regional Center services you used in the past 12 months, but it can be adjusted if your needs change.
- **Why It Matters:** Your budget gives you control over how you spend money on services that matter most to you.
- **Action:** Work with your Service Coordinator to finalize the budget, which will be used to create your Spending Plan.



6

CREATE YOUR SPENDING PLAN

What It Is: The Spending Plan shows how you will use your budget to pay for services and supports. It includes everything you need to meet your goals, such as personal care, therapies, or job support.

- **Why It Matters:** It is your cost breakdown where you show how your SDP money is spent. It must show the cost for support, services, and items you need to reach your goals.
- **Action:** Work with your IF, family, Service Coordinator, or FMS to create a plan that matches your needs.

7

PICK A FINANCIAL MANAGEMENT SERVICE (FMS)

- **What It Is:** The Financial Management Service (FMS) helps manage your SDP budget. They handle payments, track your spending, and make sure everything is done according to the rules.
- **Why It Matters:** The FMS ensures your budget is managed correctly and keeps track of all payments.
- **Action:** Choose an FMS with help from your Regional Center or Independent Facilitator.

8

FINALIZE YOUR INDIVIDUAL PROGRAM PLAN (IPP)

- **What It Is:** Your Individual Program Plan (IPP) is the formal plan that includes your PCP and Spending Plan. It outlines your goals and how you will use your budget to achieve them.
- **Why It Matters:** The IPP makes your plan official, allowing you to start receiving services and supports.
- **Action:** Meet with your Service Coordinator to review and finalize your IPP.

9

START USING YOUR SERVICES

- **What It Is:** Once your plan is approved, you can start using the services listed in your IPP. You are in control of who and how your services are provided.
- **Why It Matters:** You now have the freedom to make changes if services are not working for you, and you can adjust your plan as needed.
- **Action:** Stay in touch with your IF, FMS, and Service Coordinator to make sure everything runs smoothly.

10

REVIEW AND UPDATE YOUR PLAN

- **What It Is:** Your plan may change over time as your needs and goals progress. Every year, or when needed. You can review and update your IPP, PCP, and Spending Plan whenever you want.
- **Why It Matters:** Life changes, and your plan should reflect those changes. Reviewing your plan makes sure you are getting the services you need.
- **Action:** Schedule weekly, monthly, every three months (quarterly), or yearly review of your Spending Plan balance and track the progress of your goals with your Service Coordinator and IF to make changes as needed.

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 today.

Eligibility Reminder: If your loved one is under 3 years old or you are unsure about eligibility, talk to your Service Coordinator for more information.

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

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