



THE ROLE OF AN INDEPENDENT FACILITATOR (IF) IN THE SELF-DETERMINATION PROGRAM (SDP)

This handout will help you understand the important role of an Independent Facilitator (IF) in the Self-Determination Program (SDP). It provides a simple, step-by-step guide to how an IF can help you enroll, transition, and thrive in SDP.

WHAT DOES AN INDEPENDENT FACILITATOR DO?

An Independent Facilitator (IF) is someone you hire to help you through the SDP process. They don't work for the Regional Center or service providers—they work for you.

Here are some ways an IF can help:

- **Person-Centered Planning (PCP):** The IF helps you create a plan that reflects your dreams, goals, and challenges. They help figure out what supports you need to live your best life.
- **Support Decision-Making:** The IF helps you make choices about how to best use your budget funds, how to develop your Spending Plan, creating an action plan to meet your goals, and so much more.
- **Coordinate Services:** They help you find services, activities, and staff that match your needs—even services outside the traditional system by using local businesses in your community.
- **Ongoing Advocacy:** The IF stands up for your rights, to ensure your voice is heard. They will make sure you are treated with dignity and respect.

HOW DOES AN IF HELP WITH SDP ENROLLMENT?

Enrolling in SDP can be confusing, but an IF makes it easier:

- **Orientation:** They help you understand how SDP works and guide you through the steps.
- **Paperwork and Meetings:** They assist with forms, meetings, and making sure you meet the enrollment requirements.
- **Creating Your PCP:** The IF helps you develop a Person-Centered Plan (PCP) based on your goals and what supports you need.

The best part? Your IF gives you flexibility and control—they help you create a plan that is customized just for you and your unique needs

TRANSITIONING TO SDP WITH THE HELP OF AN IF

Switching from traditional services to SDP takes planning.

An IF helps with:

- **Developing Your Budget:** They help you understand how much money you have for services.
- **Spending Plan:** They help you create a Spending Plan to use your budget money for services that fit your goals.
- **Selecting Providers:** The IF helps you find the right service providers who match your cultural values and personal preferences.

ONGOING SUPPORT FROM AN IF AFTER TRANSITIONING

Even after you start in SDP, your IF can keep supporting you by:

- **Adjusting the Plan:** As your goals change, your IF can help you update your plan.
- **Managing the Budget:** The IF works with your Financial Management Service (FMS) to track your spending and make sure services are delivered as planned.
- **Exploring New Services:** The IF helps you find new services and activities to match your evolving goals.

WHY SHOULD YOU HIRE AN INDEPENDENT FACILITATOR?

- **Expert Guidance:** An IF knows the SDP process well and helps you make the best decisions for your needs.
- **Personalized Support:** They customize services to match your personal goals and challenges.
- **Creative Flexibility:** They help you think of unique solutions to find services that truly fit you.
- **Advocacy:** They make sure your voice is heard and your rights are respected.

By hiring an Independent Facilitator, you're empowering yourself to build a life that works for you!

While hiring an IF is optional, it's highly recommended because they can make the SDP process smoother, more personalized, and easier to navigate. The cost of hiring an IF comes from your **Individualized Budget**, so you won't have to pay out of pocket.

Hiring an **Independent Facilitator (IF)** gives you the **freedom** and **support** to take full control of your Self-Determination journey. With their expertise and personalized guidance, an IF can make sure your plan reflects your goals, dreams, and values, while ensuring you have the services you need to thrive. Whether you're just starting out or adjusting your plan, an IF helps you stay on track and makes the process easier. By choosing an IF, you're empowering yourself to build a life that works for you.

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

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

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

