

WHAT IS THE SELF DETERMINATION PROGRAM?

The Self Determination Program is an optional, alternative service delivery method that allows participants the opportunity to have more control in developing their service plans and selecting service providers to better meet their needs.

5 PRINCIPLES OF THE SELF DETERMINATION PROGRAM

1. **Freedom** - You plan your own life and make your own decisions
2. **Authority** - You decide how money is spent for your services and supports
3. **Support** - You pick the people and supports that help you live, work, and play in your community
4. **Responsibility** - You are accountable for using public money and to have a valued role in the community
5. **Confirmation** - You are the most important person when making plans about your life

ELIGIBILITY

All Regional Center clients except those residing in skilled nursing facilities, developmental centers, and skilled nursing facilities. Children under age 3 are eligible if they are eligible for services under Lanterman

TRANSITION ASSISTANCE

ACRC offers optional financial support for transitional services to those clients interested in the Self Determination Program. These include a person-centered plan creation, self directed supports (Independent Facilitator), and Financial Management Services Transition Supports.

WHAT MAKES THE SELF DETERMINATION PROGRAM UNIQUE?

Participants can...

- Hire individual staff, vendored businesses, and community partners of their choice
- Have control over how their budget is spent
- Choose to have the responsibility of being the employer of their support staff
- Cater their supports to their unique goals, dreams, and abilities
- Decide the wages and schedules of their staff



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The Self Determination Program

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INDIVIDUAL BUDGET

- Based on services received in prior 12 months in Traditional services.
- SC will assess for unmet needs to also be considered on the budget.
- Valid for 12 months

SPENDING PLAN

- Outlines allowable goods and services funded in your individual budget that will support the needs and goals discussed with your planning team
- Developed by client with review and support from ACRC and FMS

PARTICIPANT CHOICE SPECIALISTS

- Alta California Regional Center staff who specialize in Self Determination
- Supports your service coordinator and you with your transition into the Self Determination Program with guidance on policies, procedures, and timelines
- Supports in creating client budgets

HOW TO ENTER THE SELF DETERMINATION PROGRAM

- 1** Take the mandatory online orientation.
Contact your assigned Regional Center Service Coordinator.
- 2** Access an Independent Facilitator. Create a Person-Centered Plan. (Optional Support)
Discuss any unmet needs with your service coordinator.
- 3** ACRC creates your individual budget based on traditional services.
You review and sign your budget.
- 4** Onboard with a vendored Financial Management Service of your choice.
- 5** Develop spending plan that outlines services that will help you meet your IPP goals. Identify appropriate service providers and staff.
- 6** IPP meeting held.
Start SDP services!

INDEPENDENT FACILITATORS

- Optional support
- May support in advocating for client's needs, identifying goals, obtaining services and supports, and understanding their budget and spending plan
- Must be trained and/or certified in the principles of Self Determination, the Person-Centered Planning process, and other responsibilities consisting with coordination of services and supports according to the Individual support plan (IPP)

FINANCIAL MANAGEMENT SERVICES

- Required service
 - Only **required** vendor in the Self Determination Program
- Helps participants manage their budget and spending plan
- Pays for services and goods on spending plan
- Verifies background checks and qualifications