

Presented by: The Independent Facilitator Training Academy

Welcome to the Self-Determination Program Workshop



Welcome

Today, we will explore how you can use the Regional Center Self-Determination Program to take control of your services, make decisions about your life, and work towards your goals.

My name is Rosie Lasca, and I am thrilled to guide you through today's Self-Determination Program (SDP) workshop.

The Self-Determination Local Advisory Committee (SDLAC) of Alta California Regional Center (ACRC) have sponsored this session to help you understand how SDP works and how it can change your life.





About IFTA

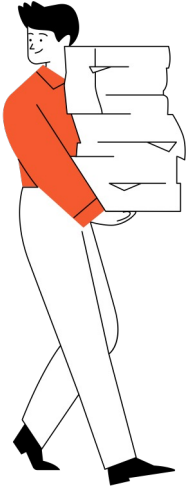
The Independent Facilitator Training Academy (IFTA) provides training and resources to help individuals and families navigate the Self-Determination Program (SDP).

We support families and individuals by:

- Providing clear, easy-to-understand resources.
- Training Independent Facilitators (IFs) who guide you through SDP.
- Providing Parent Advocate support
- Offering workshops and materials that help make SDP accessible.

www.iftrainingacademy.com





What's in Your SDP Package?

1. Building My Future with Self-Determination Workbook:

- This workbook helps you identify your goals, dreams, and what you need to reach them. It prepares you for your Person-Centered Plan (PCP) and Individual Program Plan (IPP) meetings.

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

- This guide walks you through the entire SDP process, step by step, from enrollment to receiving services.

3. SDP Spending Plan Guide Your Path to Independence and Flexibility

- This guide helps you understand how to create a spending plan with your budget and decide how to use your services.

4. Enrollment Checklist:

- This checklist will help you stay on track through the SDP process, from confirming eligibility to finalizing your plan.

5. Frequently Asked Questions (FAQ) Handout:

- Answers common questions about the SDP process, eligibility, and how to get started.

6. How to Involve Your Family and Community in the Self-Determination Process

- A helpful guide to getting your family and friends involved in your SDP journey.

7. The Role of an Independent Facilitator (IF)

- A guide to better understanding how an Independent Facilitator can provide guidance on how to get started in SDP and beyond.

8. Self-Determination Program (SDP) Terminology Cheat Sheet

- Easy to understand breakdown of all the common words and terms in SDP.

Key Terms to Know

- **Service Coordinator (SC):** The person at your Regional Center who helps you navigate the SDP process.
- **Independent Facilitator (IF):** Someone you hire to help guide you through the process of creating your plan.
- **Person-Centered Plan (PCP):** A plan that focuses on your goals, strengths, and needs.
- **Spending Plan:** A budget that shows how you will use your money to get services.
- **Financial Management Service (FMS):** A service that manages your budget and makes payments to providers.
- **Individualized Budget:** The amount of money you will receive based on your needs.
- **IPP (Individual Program Plan):** Your official Regional Center plan that includes your goals, budget, and services.
- **Circle of Support:** The people you choose to help you make decisions.





What is the Self-Determination Program (SDP)?

The Self-Determination Program (SDP) gives you the freedom to choose who helps you and how you receive services.



You are not limited to only approved providers (vendors) from the Regional Center; with SDP, you can:

- Hire local businesses.
- Include friends, family, or neighbors.
- Use services that fit your unique needs, preferences, and culture.

SDP is about creating a life that works for YOU!

How SDP Can Change Your Life

- **Empowerment:** SDP gives you the freedom to choose the services and providers you trust.
- **Flexibility:** You can use services that reflect your goals, values, and culture.
- **Independence:** Make decisions that will lead to a more independent life.
- **Personalization:** Tailor your supports to fit YOUR needs and lifestyle.
- **Supportive Community:** Build a team of people who help you make decisions and provide support.

SDP helps you design a life you love. By making your choices, you will have more control, more options, and more opportunities.



01 Confirm Your Eligibility:

Your Service Coordinator will check your eligibility to join SDP.



02 Attend an Information Meeting:

Learn the basics of SDP.



03 Complete Orientation:

Complete the required SDP Orientation and provide proof of completion to your Service Coordinator.



04 Create Your Person-Centered Plan (PCP):

This plan is all about your goals and needs.



05 Obtain Your Individualized Budget:

Your budget is based on your needs and services.



Key Steps in the SDP Process



Develop Your Spending Plan: 06

Decide how to use your budget funds for services that best meet your needs.



Select a Financial Management Service (FMS): 07

FMS helps manage payments.



Finalize Your Individual Program Plan (IPP): 08

Your official plan that includes services, goals, and budget.



Start Using Your Services: 09

Begin using the services and supports you've chosen.



Monitor Your Progress 10

Are you achieving your goals? If not remember you can always talk to your Independent Facilitator or your Service Coordinator to help you find the support you need.



Person-Centered Plan (PCP)



The PCP is a plan that focuses on YOU—your dreams, your goals, and the services you need.

What's in the PCP?

- Your goals and dreams for the future.
- The strengths you have and the support you need to succeed.

The PCP is YOUR plan. It shows how you want to live and what you need to get there.



Getting Ready for Your PCP Meeting

Your PCP Meeting is your chance to share your dreams, goals, and needs with the people who support you.

You get to decide:

- Who will be at your meeting.
- What topics will be discussed.
- How you want the meeting to happen (virtual or in-person).

This is **YOUR** meeting, and it's important to be prepared!
Use the workbook to help you organize your thoughts, goals, and ideas.



Tips for Preparing for Your PCP Meeting

- Write down your dreams and goals ahead of time.
- Think about the support and services you need to reach those goals.
- Decide who you want at the meeting and what topics to discuss.
- Topics Covered
- Let people know if you have preferences, like taking breaks, meeting virtually, or avoiding certain topics.
- Use your workbook to guide your thoughts and stay organized.



Preparation is key. The more you prepare, the more confident and comfortable you'll feel during your meeting.

The Workbook: Your Tool for Success

The “Building My Future with Self-Determination” Workbook will guide you through:

- Identifying your dreams and goals.
- Understanding your strengths and needs.
- Preparing for your PCP and IPP meetings.
- Creating a plan that reflects your goals.

This workbook is your tool for success.

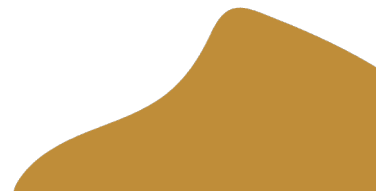
Use it to guide your journey to a self-determined life.



What Happens After the PCP Meeting?

1. Create a Spending Plan: Work with your Independent Facilitator, Service Coordinator, or trusted supporters to decide how to use your budget for services.
2. Finalize Your IPP: Meet with your Service Coordinator to include the PCP and budget in your official Regional Center plan.
3. Select an FMS: The Fiscal Management Service (FMS) will handle payments and track your spending.
4. Start Your Services: Begin using the services and supports you've chosen to reach your goals!

This step-by-step process helps ensure you have everything in place to start living the life you envision.





Creative Services:

You Can Use in SDP Examples of services you can include in your Spending Plan:

- **Therapies:** Music, art, or recreational therapy like horseback riding.
- **Community Activities:** Classes, memberships, or social groups.
- **Recreational Activities:** Karate, dancing, or Boxing.

- **Skill-Building:** Cooking classes, driving lessons, or job coaching.
- **Technology:** Communication devices, apps, or equipment for accessibility.
- **Personal Supports:** community integrator, tutoring, or life coach. and so much more.

SDP opens the door to services that truly fit your unique goals, interests, and needs.

What is an Individual Program Plan (IPP)?

The IPP is your official plan with the Regional Center.

After your PCP is complete, it becomes part of your IPP.

The IPP includes:

- Your goals from the PCP.
- The budget funds to support your goals.
- The services you will receive.

The IPP allows you to begin receiving your services and support.

Your IPP turns the ideas from your PCP into action. It's the document that helps you start receiving services.



Understanding the Spending Plan

The Spending Plan shows how you will use your budget funds to get the services you need.

It includes:

- The services and supports you want and need.
- Who will provide those services.
- How much each service will cost.

You can include creative and flexible supports that help you reach your goals.

The Spending Plan is where your dreams meet action.
It's your blueprint for using your budget effectively.



Understanding the Financial Management Service (FMS)

Understanding the Financial Management Service (FMS)

What is an FMS?

- An FMS (Financial Management Services) is a company that helps manage the money in your self-Determination (SDP) budget.
- They make sure the money is spent correctly and according to your plan.

Why Do You Need an FMS?

- They take care of paying service providers and staff.
- They help with taxes, paperwork, and keeping track of your budget.

FMS Service Options

1. Bill Payer Model

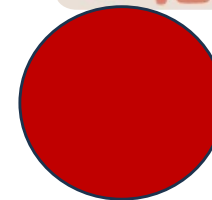
- The FMS pays bills and service providers for you.
- You make the decisions about your services, but the FMS handles the payments.

2 Co-Employer Model

- You and the FMS share responsibility as employers.
- The FMS handles payroll and taxes, but you hire and manage your own staff.

3. Sole Employer Model

- You're the boss!
- You hire, manage, and supervise your own staff.
- The FMS helps with payroll support, taxes, and other employer responsibilities.



How to Involve Family and Community

Why Involve Family and Friends?

- They can offer support, ideas, and encouragement.
- They may see strengths and dreams you didn't think of!

Ways to Get Involved:

- Include them in your Circle of Support.
- Invite them to your PCP meeting.
- Ask them to help you identify resources in your community.

Your family and community are valuable resources. They can help you build a strong support network and find creative solutions to challenges.



Overcoming Barriers in SDP

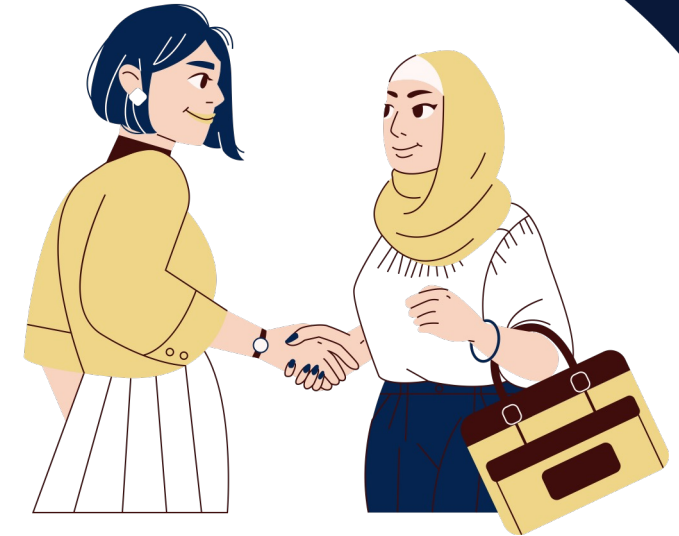
Common Challenges:

- Understanding the process.
- Finding the right supports and services.
- Managing the budget.

Solutions:

- Work with an Independent Facilitator for guidance.
- Attend SDLAC meetings to learn from others.
- Use your Circle of Support for ideas and encouragement.

Every challenge has a solution. With the right support, you can overcome any barrier in SDP



The Self-Determination Program is your path to creating a life you love. With the tools, resources, and support you have, there's no limit to what you can achieve!

Remember, this journey is all about YOU. Dream big, ask for help, and take control of your future. We're here to support you every step of the way.





Thank You

