



SELF-DETERMINATION PROGRAM:

A New Way to Receive Services

Getting Started

Thank you for your interest in the Self-Determination Program (SDP). As of July 1, 2021, SDP is available to people eligible for Regional Center Lanterman services (with the exception of those living in licensed settings- skilled nursing and intermediate care facilities- unless they are preparing to move from that setting). You can use this list to guide you into SDP. Please keep in mind that this process may vary depending on your individual circumstance.

Steps to Self-Determination:

- STEP 1: Complete SDP Orientation online. *Notify your SC once you have completed.*
- STEP 2: Prepare for your Person Centered Plan (PCP) meeting; this meeting may look different from your traditional IPP meeting. You can ask RCOC to pay an Independent Facilitator (IF) to complete your PCP and get you started in SDP – this money will not come from your individual budget. Services from an IF is optional. You may invite your RCOC Service Coordinator (SC) to assist with this process. During this process, you may identify unmet needs in traditional services.
- STEP 3: Hold your PCP meeting. Inform your SC of any unmet needs in traditional services for further discussion. The traditional service request process will be used.
- STEP 4: Request for a *Certified Individual Budget* from your SC . This is based on traditional services and can be adjusted as needs, circumstances or resources change.
- STEP 5: While you are waiting for your budget, you can interview and select a Financial Management Service agency.
- STEP 6: Your SC provides you with your *Certified Individual Budget*, along with the *Receipt and Acknowledgement Form* and the *SDP Spending Plan Worksheet template*.
- STEP 7: Complete the *SDP Spending Plan Worksheet* with the assistance of your selected IF and FMS agency. Sign the *Individual Budget* and the *Receipt and Acknowledgement Form*.
- STEP 8: Once the *SDP Spending Plan Worksheet* is completed and reviewed by RCOC and your FMS, your SC will create a contract with the FMS agency you selected. Any contracts with vendors in the traditional service model will end prior to the start of your contract with the FMS agency.
- STEP 9: Start accessing your SDP services!

For additional information regarding SDP, visit the Department of Developmental Services' (DDS) website at www.dds.ca.gov/SDP/ or RCOC's website at www.rcocdd.com . You can also refer to the training materials you received at the Orientation training. If you have questions or need further assistance, please contact your SC.



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A voluntary alternative program to provide individuals served by RCOC with an individual budget, in order to purchase services and support needed to carry out and achieve the Individual Program Plan (IPP) goals.

START TALKING ABOUT SDP WITH YOUR IPP TEAM TODAY

COMPLETE THE SDP ORIENTATION AS THE FIRST STEP TO ENTER THE SELF-DETERMINATION PROGRAM

Sign-Up Here:
rcocparent.arcalearn.org/

▶ Purchase services from traditional RCOC providers or local businesses

5 GUIDING PRINCIPLES:

MORE RESOURCES:

 Your assigned Service Coordinator

 www.rcocdd.com

 SelfDetermination@rcocdd.com

 www.dds.ca.gov/initiatives/sdp/



FREEDOM

The right to plan your own life and make your own decisions.



AUTHORITY

Have control over a budget for services.



SUPPORT

Choose supports and people that help you live, work, and play.



RESPONSIBILITY

Make decisions in your life and have a valued role in your community.



CONFIRMATION

You are the decision maker of your life.



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Frequently Asked Questions

I am interested in Self-Determination, where should I start?

The best place to start is by completing an online self-paced SDP Orientation. There are 2 different Orientations available, you just have to complete one:

1. RCOC Online SDP Orientation
<https://rcocparent.arcalearn.org/>
2. State Council of Developmental Disabilities live Zoom Orientation
<https://scdd.ca.gov/sdp-orientation/>

If I need additional help to get into Self-Determination, who can help me?

You can choose to work with an Independent Facilitator (IF) if you wish. While the Regional Center is unable to refer to a specific Independent Facilitator, RCOC is able to provide the resource to The SDP Network:

<https://www.thecasdpnetwork.org/>

How can I find a Financial Management Service (FMS) Provider?

The most up-to-date list of available FMS providers to RCOC is located at:
<https://tinyurl.com/sdpfms>

How does the individual budget amount get determined? Can my budget be adjusted?

The individual budget is determined by the Individual Program Planning (IPP) team and is based upon the amount of funds used in the most recent 12-months. This amount can be adjusted, up or down, based on changes in needs, circumstances, or resources. Additionally, the IPP team may adjust the budget to support any prior needs or resources that were not addressed in the IPP.

For a more comprehensive F.A.Q., please visit:

<https://dds.ca.gov/initiatives/sdp/frequently-asked-questions/>

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The California Self-Determination Program Network

www.thecasdpnetwork.org



A website that connects individuals and self-advocates to Independent Facilitators and service providers.

**Sign up so individuals and families can find you
&
GET CONNECTED!**

**Independent Facilitators
FREE listing – Click [HERE](#) to sign-up**

**Service Providers
FREE listing – Click [HERE](#) to sign-up**

The SDP Network was made possible by these partners.

