

# DID YOU KNOW?

There's an alternative to how you can receive Regional Center Services?



Self-Determination (SD) program allows Regional Center (RC) clients more freedom, control, and responsibility in choosing services and supports to meet their needs better. Initially, it was a pilot program, but it has now been open to any interested Regional Center client.

## What is the Self-Determination Program?

The Self-Determination Program (SDP) is a voluntary Regional Center program that provides participants with an individual budget, which is used to purchase the services/activities/items and the care/support they need to carry out and achieve the goals in their person-centered plan (PCP) and Individual Program Plan (IPP). These services can be vendored or non-vendored. An Independent Facilitator is not required but is highly encouraged. A Financial Management Service must assist with this program.

## Who Qualifies for This Program?

You qualify if you are a Regional Center client over three years old and live in the community or with their family.

## What Are the Biggest Differences Between the Traditional Regional Center Services and the Self-Determination Program?

The most prominent difference between the two is who selects the services you need to meet the objectives of your IPP and who pays for them.

The Regional Center service coordinator helps you develop a person-centered individual program plan (IPP) in traditional services. You are eligible for services with organizations that have been vendored (approved) by the Regional Center with set rates. Services may be requested at any time by contacting your service coordinator. The caseworker then finds the services, and the Regional Center spends money to buy services for you. There is no limit or cap on services. However, standard rates can be low for providers, and there may not be many providers.

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In Self-Determination, a person-centered planner assists with developing the person-centered plan. Usually, the Independent Facilitator will be the person-centered planner. A Financial Management Service monitors the individual budget to ensure that state dollars are spent appropriately and pay the providers. You can seek out and use other organizations that may not be vendored with the Regional Center and negotiate your rates. However, all services must be provided in integrated settings.

With the freedom and control of self-determination also comes additional responsibility. You and your family must be very active in creating a plan for your future. Before becoming part of the program, you must go through an orientation and training program conducted by your regional center and local community organizations. Then, with assistance from an Independent Facilitator and others, if you choose, you will need to develop a person-centered plan, design an individual budget, and then select individuals and groups to help you implement that plan over the coming year. You will need to choose a Fiscal Manager with whom you will work to monitor your budget to ensure that you spend state dollars appropriately and within your budget. You will need to oversee and supervise the staff and agencies you have hired to ensure that they are fulfilling the hours for which you have hired them and assist you in meeting your goals. The initial transition into Self-Determination can take time and effort from the individual and family. The first year is often the most labor-intensive and becomes easier after that.

## Who can I contact if I want to learn more?

If you want to transition to the Self-Determination Program, contact your Regional Center Service Coordinator and sign up for an orientation.

For detailed program information and updates, visit the DDS Self-Determination home page.  
<https://www.dds.ca.gov/initiatives/sdp/>

## Other Resources

[https://www.publicpartnerships.com/media/lomigqym/ca-sdp\\_choosing-fms\\_v8\\_mod.pdf](https://www.publicpartnerships.com/media/lomigqym/ca-sdp_choosing-fms_v8_mod.pdf)



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