



ARCA Webinar Summary Self-Determination Program (SDP) Frequently Asked Questions

Q. Who is Eligible for SDP?

- A. Individuals must meet the following requirements to be eligible to participate in the Self-Determination program:
- Must qualify for services through the Lanterman Act.
 - Must not live in a healthcare facility or plan to move within 90 days.

Q. How do I enroll in SDP?

- A. SDP is available to those who qualify and choose it. Attending an SDP orientation is the first step to beginning the process. Contact your Service Coordinator if you are interested in SDP.

Q. Where do I sign up to attend the SDP orientation?

- A. SDP orientation is offered through local regional center and the State Council for Developmental Disabilities (SCDD). Contact your service coordinator or Local SDP Advisory Committee for more information.

Q. What is an individual budget?

- A. This is the amount of money an SDP participant has available to purchase needed services.



Q. How does the individual budget amount get determined?

- A. The planning team determines the individual budget. It is based upon the amount of purchase of service funds used by the individual in the most recent 12 months. This amount is adjusted for unmet needs and changes in needed support.

Q. How is the budget amount developed for those who do not have 12 months of regional center purchases?

- A. The planning team determines the budget amount by identifying the needed services. The regional center will calculate the cost of providing services by using the average cost of each service.

Q. Are there restrictions on what the individual budget can be used for?

- A. A participant can only purchase services approved by the federal government. Services must help people access the general community. They cannot take the place of services that are the responsibility of other agencies, such as special education or Medi-Cal. More information about specific services that cannot be purchased can be found [here](https://www.arcanet.org).

Q. Does IHSS funding impact the SDP budget?

- A.** In-Home Supportive Services are a generic resource not included in, or paid for through, SDP.

Q. What is the difference between the individual budget and the spending plan?

- A.** The individual budget is the amount of money an SDP participant has available to purchase needed services. The spending plan is how that money will be used to purchase services.



Q. Who creates the spending plan?

- A.** Participants develop their spending plan and can ask people to help them with this. The total amount of the spending plan cannot be more than their budget amount. After the participant develops their spending plan, the regional center reviews the spending plan to make sure it follows state and federal law.



Q. Can I be my son/daughter's Independent Facilitator (IF)?

- A.** Parents of a minor child and spouses of a participant cannot act as paid independent facilitators. More information on IFs can be found [here](#).

Q. Who pays the IF's cost, and how much does it cost?

- A.** The Independent Facilitator and the participant negotiate the cost for an independent facilitator. It is paid from the participant's budget.

Q. Who can be an FMS provider?

- A.** Any provider or person who meets the [required qualifications](#) and is contracted with a regional center can be an FMS provider. A participant's relative, legal guardian, or spouse cannot be their FMS.

Q. Who pays for the cost of the Financial Management Service (FMS) provider?

- A.** The cost of the FMS provider is paid for by the regional center outside of the individual budget.

Q. Does the participant have to pay for the SDP initial Person-Centered Plan?

- A.** The regional center can purchase initial person-centered planning services to assist participants as they transition into the SDP.