

Self-Determination Program

What is SDP?

- Flexibility to develop, purchase, and manage services and supports to implement the IPP through an individual budget.
- Funding for services at the amount the regional center would spend to support you in the traditional system.

Am I Eligible for SDP?

- Must qualify for services through the Lanterman Act
- Must not live in a health care facility or plan to move soon

What are the steps to starting SDP?

- Complete orientation
- Decide if you want to use an independent facilitator
- Complete a person-centered plan
- Work with RC on setting up an individual budget
- Choose a Financial Management Services (FMS) provider
- Develop a spending plan
- Identify service providers - personal care workers must complete background check

How to enroll in SDP

Contact your service coordinator about the next steps

arcanet.org

Who makes up my SDP Support team?

Participant Choice Specialist

- Educates the community about SDP
- Works with Service Coordinator to ensure timely transitions to SDP
- Works with you and your family to apply for Medi-Cal

Independent Facilitator (IF)

- Is paid from your budget
- IFs cannot be paid to provide other SDP services to you
- Can assist with finding resources, negotiating rates, Person-Centered Planning (PCP), and other tasks

Regional Center Service Coordinator

- Helps set individual budgets
- Helps with a smooth transition to SDP
- Works with the planning team to complete the Individual Program Plan (IPP)
- Makes sure services are set up to give you full access to the community

Financial Management Services

- Pays the bills
- Helps to determine the qualification of service providers
- Helps you follow employment rules

Local Volunteer Advisory Committee (LVAC)

- Made up of people who care about SDP, including people served by regional centers, their family members, and others
- Reviews the progress of SDP locally
- Recommends improvements to SDP

