



# SELF DETERMINATION FACT SHEET

**Determining and controlling the services you need to meet your goals!**

**What is the Self Determination Program (SDP)?** It is a voluntary program that allows individuals (or where appropriate, families) who are clients of regional centers to determine and control a personal budget to purchase services and supports to meet their needs and goals.

**Who can participate in this new program?** Approximately 80 clients of North Bay Regional Center (NBRC) and 2500 statewide for 3 years, then it will be open to all regional center clients.

**How does it work?** With your IPP Team, you develop a person-centered plan and a budget that says how you would spend the money to make your plan work.

**Will I get money from my Regional Center?** You would not get to hold the money yourself. NBRC would give the money to a Financial Management Service (FMS) which holds the money for you and pays the bills for services you purchase.

**What can I buy with my Self Determination budget?** You could choose to buy some of your current services, or you could choose to buy different services that meet your individual needs better.

**Who can I buy services from?** You can buy services and supports from any provider agency, community business, or individual that can help you meet your goals. You can hire and manage your own workers, if you want.

**What should I do if I am interested?** Tell your NBRC service coordinator.

For additional information, contact the North Bay Office of the State Council on Developmental Disabilities at 707-648-4073 or [northbay@scdd.ca.gov](mailto:northbay@scdd.ca.gov)