



STEPS TO THE SELF-DETERMINATION PROGRAM

HOW TO GET INFORMATION

- ☆ Learn more at www.dds.ca.gov or www.scdd.ca.gov or www.vmrc.net
- ☆ Attend an informal session on Self Determination
- ☆ Ask your Service Coordinator at Valley Mountain Regional Center (VMRC) to put your name on the informal "I am Interested List" so VMRC is aware of your interest.



AFTER you get on the "I AM INTERESTED LIST"...What's next?

1. You will be contacted to attend a Self Determination Informational Meeting. The meetings will be organized by the VMRC's Self Determination Advisory Committee as the information becomes available.
2. After you have participated in an Informational Meeting, and you feel it is a good program for you or your family member, let your VMRC Service Coordinator know you want to stay on the "I am Interested List". (**IMPORTANT- Being on this list does NOT mean YOU are SELECTED in the Self Determination Program.**)



HOW TO BE SELECTED

1. VMRC will send the "I am interested list" to the Department of Developmental Services (DDS).
2. DDS will then select 2,500 people from individuals from across the state who has attended a Self Determination Informational Meeting.
3. DDS's selection of enrollees will consider facts of the regional center, ethnicity, age, gender, disability and diagnosis to ensure those selected reflect the diversity of the statewide regional center population.
4. Individuals who are selected will be contacted to enroll in the Self Determination trainings in order to participate in the program for the first 3 years. After the 3 years, anyone can choose this program.

