



A New Way to Receive Services

Introducing the Self-Determination Program

The State Council on Developmental Disabilities is pleased to announce that, beginning July 1st 2021, the Self-Determination Program will be available to all eligible regional center clients.

What is Self-Determination?

Self-Determination is a way of life for individuals with intellectual or developmental disabilities that is made up of ideas like free will, civil and human rights, freedom of choice, independence, self-direction and individuality. Specifically, Self-Determination means...

- **Freedom**, which includes the ability of adults with developmental disabilities to exercise the same rights as all citizens; to establish, with freely chosen supporters, family and friends, where they want to live, with whom they want to live, how their time will be occupied, and who supports them; and, for families, to have the freedom to receive unbiased assistance of their own choosing when developing a plan and to select all personnel and supports to further the life goals of a minor child.
- **Authority**, which includes the ability of a person with a disability, or family, to control a certain sum of dollars in order to purchase services and supports of their choosing.
- **Support**, which includes the ability to arrange resources and personnel, both formal and informal, that will assist a person with a disability to live a life in his or her community that is rich in community participation and contributions.
- **Responsibility**, which includes the ability of participants to take responsibility for decisions in their own lives and to be accountable for the use of public dollars, and to accept a valued role in their community through, for example, competitive employment, organizational affiliations, spiritual development, and general caring of others in their community.
- **Confirmation**, which includes confirmation of the critical role of participants and their families in making decisions in their own lives and designing and operating the system that they rely on.

What is the Self-Determination Program (SDP)?

SDP is a voluntary regional center program that provides participants with an individual budget, which they use to purchase the services/activities/items and the care/support they need to carry out and achieve their person-centered plan (PCP) and Individual Program Plan (IPP). For many, this has been a life changing because it provides more choice, independence, freedom and control for regional center clients and their families. For example, participants and families may purchase services from traditional providers or local businesses, hire support workers directly, or negotiate unique arrangements with groups and individuals in their communities. People with disabilities are in charge of their own lives, not the professionals or systems that support them.



Who is Eligible for this Program?

To be eligible for the program, you or your family member must:

- Have a developmental disability and currently be receiving services from a California regional center OR be a new client of a regional center
- Be over the age of three or, if under, be qualified for services through the Lanterman Act
- Live in the community and have free choice in your life. You are not eligible if you live in a licensed long-term health care facility, unless you are using it to transition from that facility.

You can continue to participate in the Self-Determination Program even if you move to another regional center. If you voluntarily choose to leave the Self-Determination Program, you can go back into the traditional regional center system, but you cannot return to the SDP for at least twelve months.

For More Information

To contact your area's Regional Center about next steps, please click [Regional Center Listing](#) for a list of regional center telephone number and ask to speak to the Self-Determination Program (SDP) Coordinator.

If you need help navigating the process and your regional center's SDP Coordinator isn't available, please click our [SCDD Regional Office Listing](#) and click on "Regional Offices" to contact your local SCDD Office.

To keep informed on SDP implementation updates click [DDS Self-Determination Information and Resources](#) to find out more.

To connect with others interested in a variety SDP topics, please visit the [SCDD SDP Facebook Forum](#) and request to join.

