

# Evaluation of California's Self-Determination Program (SDP)

Aaron Carruthers, Executive Director

---



# Self-Determination Program (SDP) Evaluation

June 2023

## Our Report

California's SDP law requires us to report on:

- SDP users' experiences,
- How well SDP is meeting its original goals, and
- Changes that would make SDP better.

## Evaluation Partners

- State Council on Developmental Disabilities (*lead*)
- UCLA Tarjan Center
- USC University Center for Excellence in Developmental Disabilities (*data collection & evaluation*)
- Disability Rights California (*collaborator*)

## Our Findings

- SDP promotes self-determination
- SDP users say they like the program and would recommend SDP to others
- Users support SDP goals but want some things to change. They find SDP hard to sign up for, get information about, understand, and navigate.

# Program Evaluation Phases

N = 604

## Phase 1 (P1)

### Quantitative Survey

- December 2022
- 242 respondents

## Phase 2 (P2)

### Zoom Focus Groups

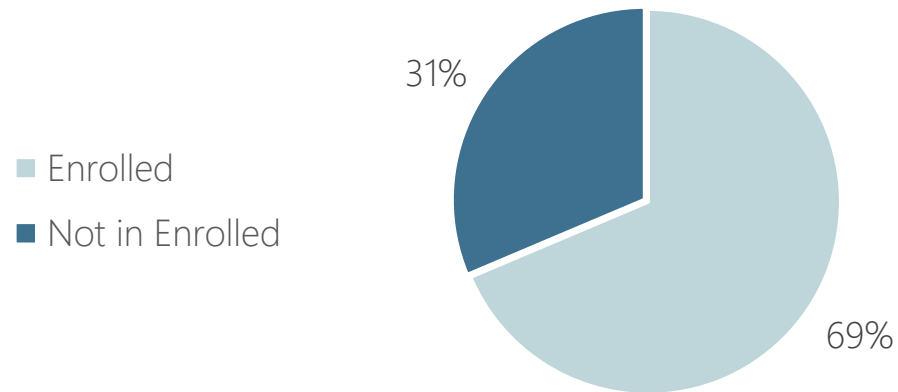
- April 2023
- 97 participants

## Phase 3 (P3)

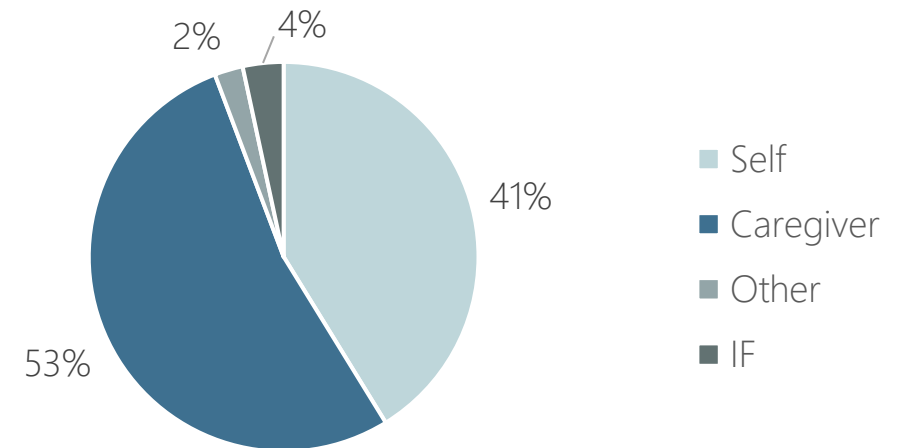
### Qualitative Survey

- May 2023
- 265 respondents

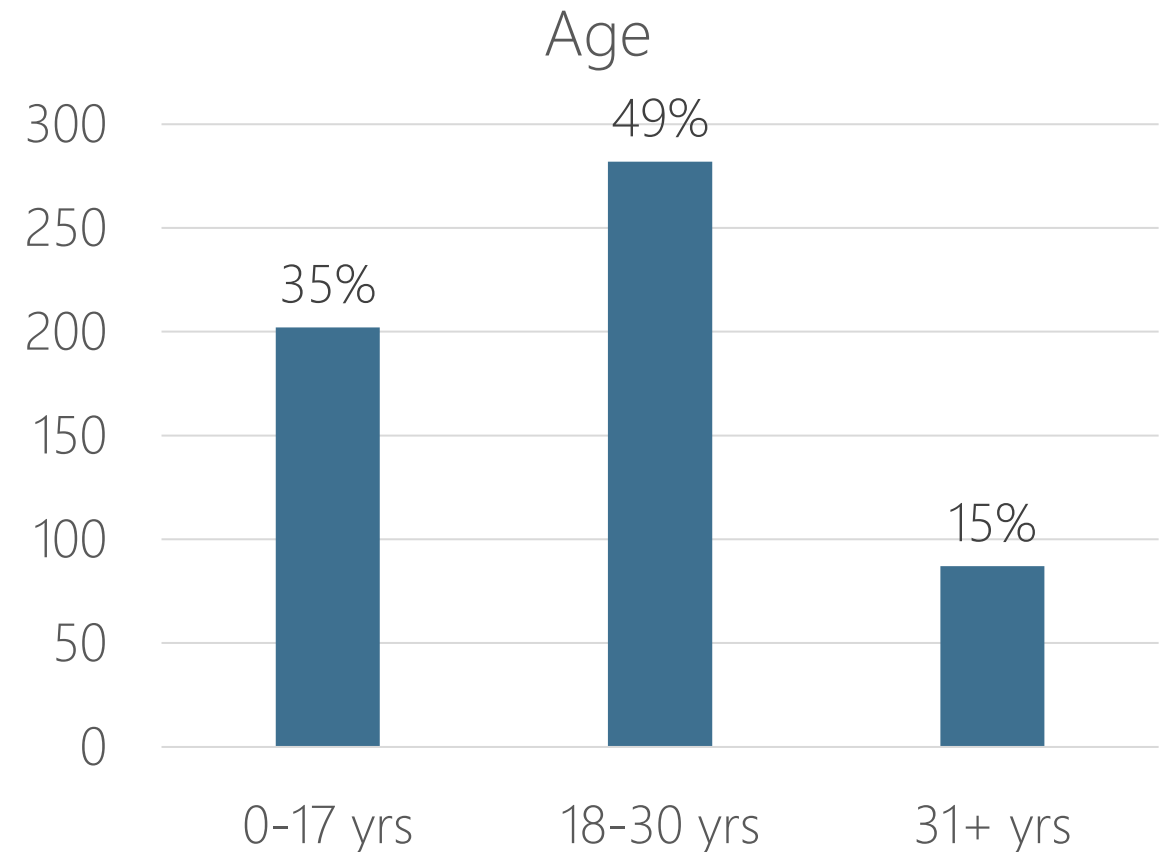
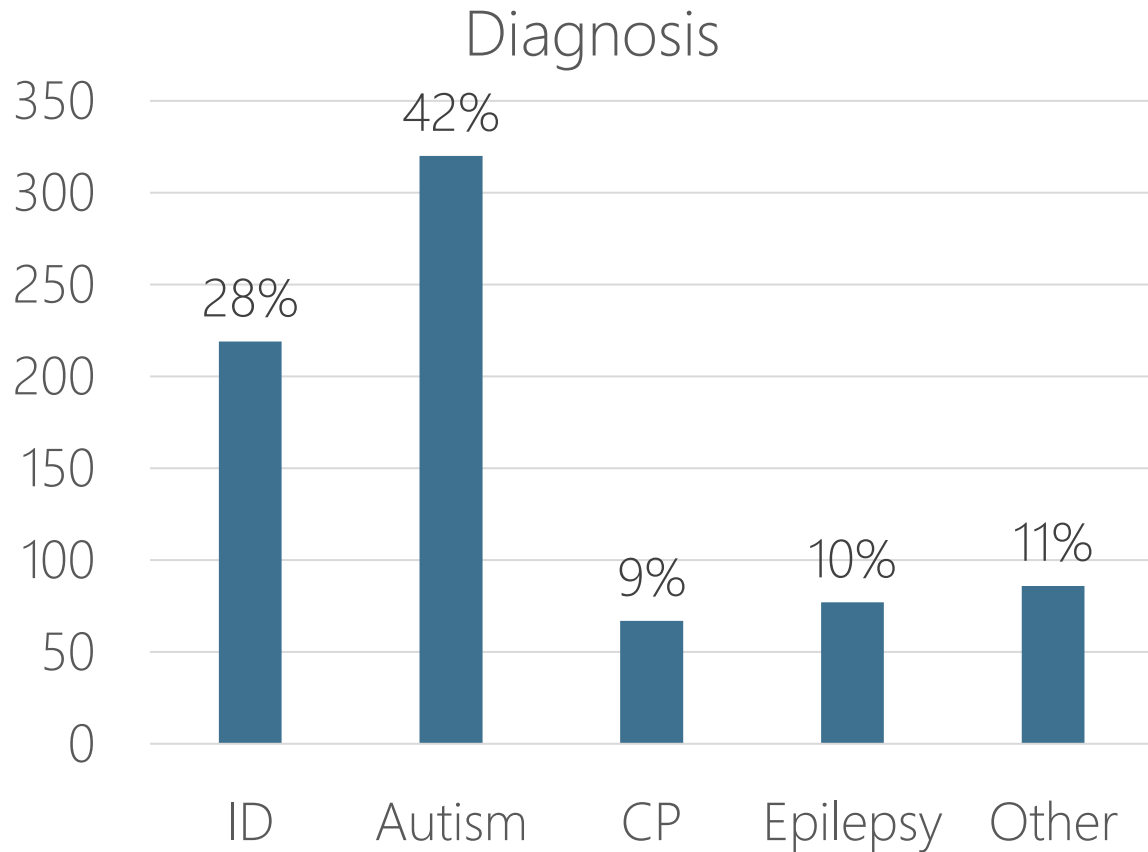
Enrollment Status



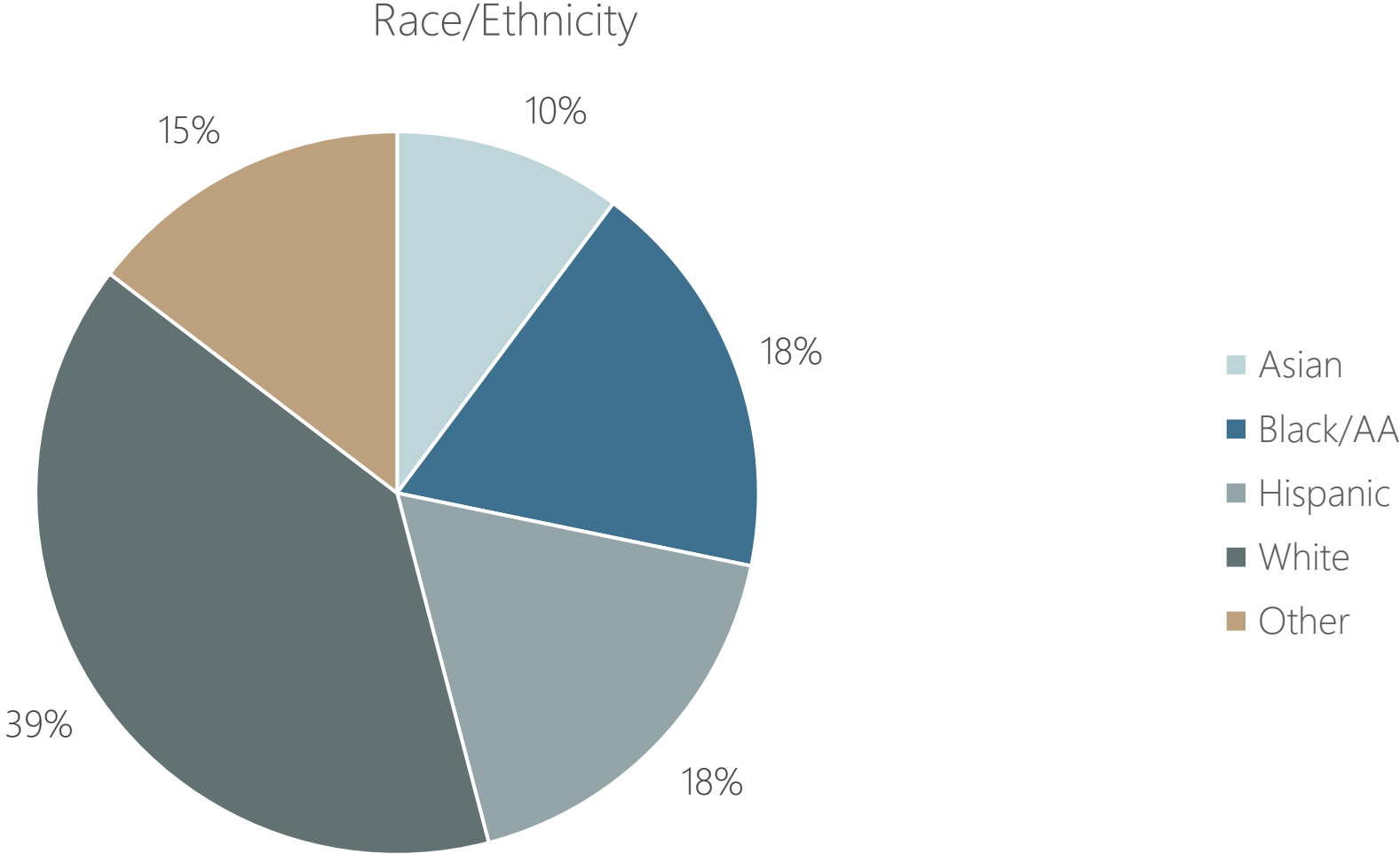
Participant Type



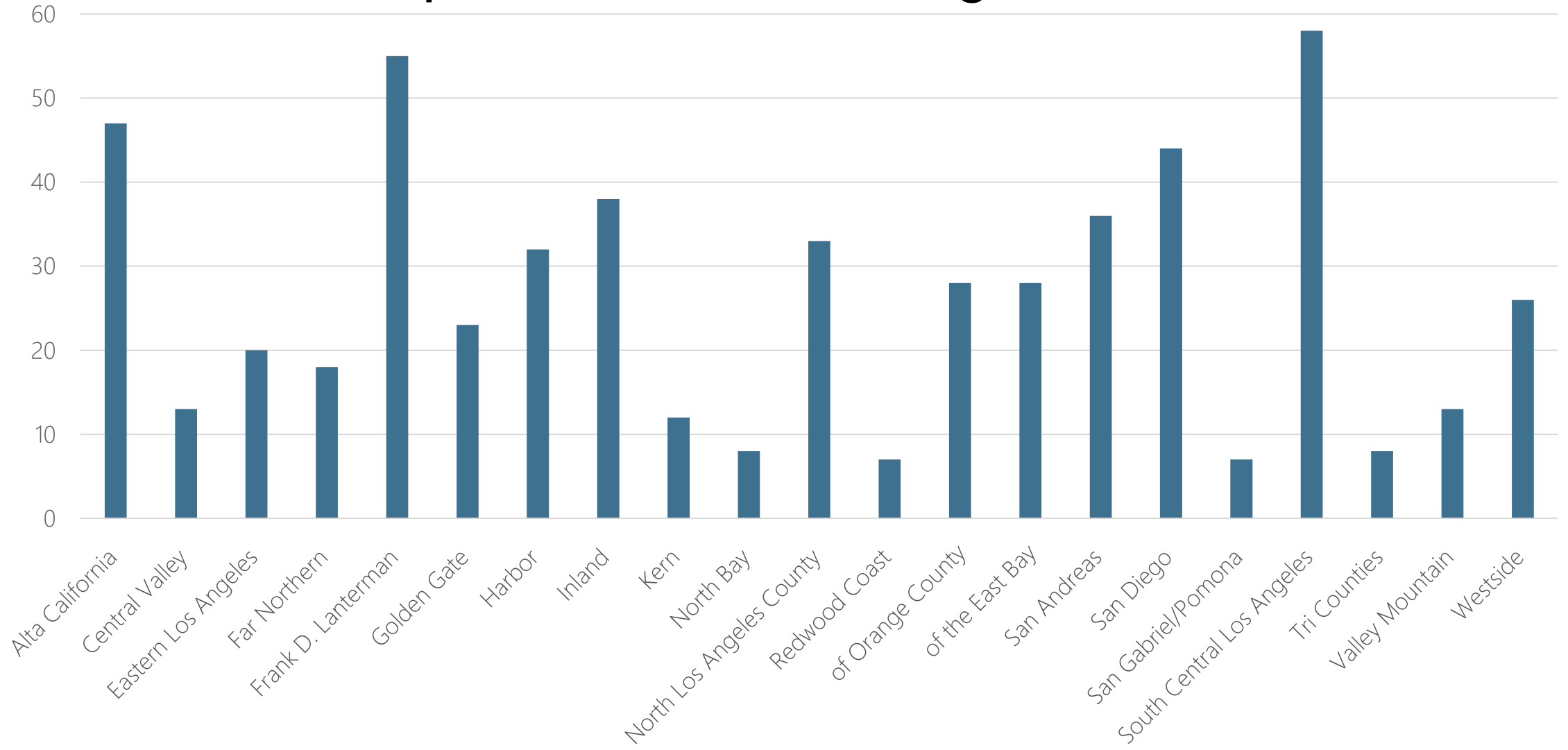
# Participant Diagnosis and Age



# Participant Race/Ethnicity



# Participants from each Regional Center



# Key Findings

- **Users Agree with SDP Goals and Values** (P2, P3)

Most agreed that people with disabilities and their families should:

- Have more freedom and control over their lives, and
- Be empowered to choose their providers and supports.

SDP goals and values inspire hope, and participants want the program to succeed.

- **SDP Helps Promote Self-Determination** (P1, P2, P3)

SDP improves the quality of life of SDP participants, and supports a system where users have more freedom, power, and support to participate in and approve their own plans and decisions.

# Key Findings

- **Participants Like the SDP** (P1, P2, P3)

Most are:

- Happy with the program and would recommend it to others,
- Thankful to be in the Self-Determination Program; say it is “life-changing,” and
- Believe it is the right choice for them.

- **Participants Want SDP to be Easier, with More Support** (P2, P3)

They say:

- Signing up for SDP and getting information about the program is hard,
- Navigating the program takes a lot of time and effort, and
- They want more information, better trained staff, and more support.

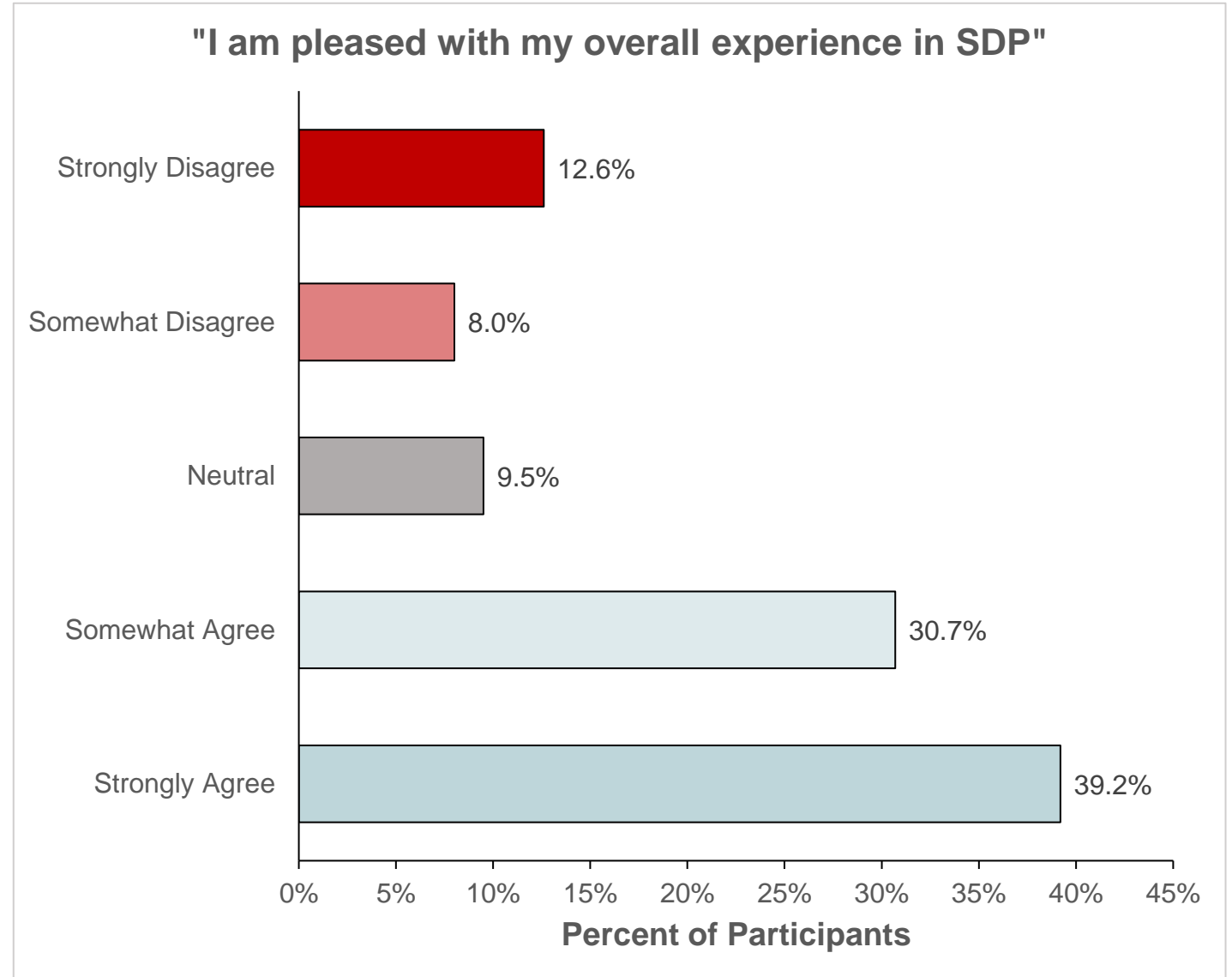


# Key Findings

- **Some Parts of SDP Are Not Fair** (P1, P2, P3)
  - Users described differences in budgets, providers, and services based on their race, Regional Center, disability, social background, primary language, and where they live (P2, P3)
  - BIPOC participants get less support, are less satisfied, but more likely to report positive outcomes (P1, P3)
  - SDP is harder for younger participants (P1, P3)
  - SDP is harder for participants with autism (P1, P3)

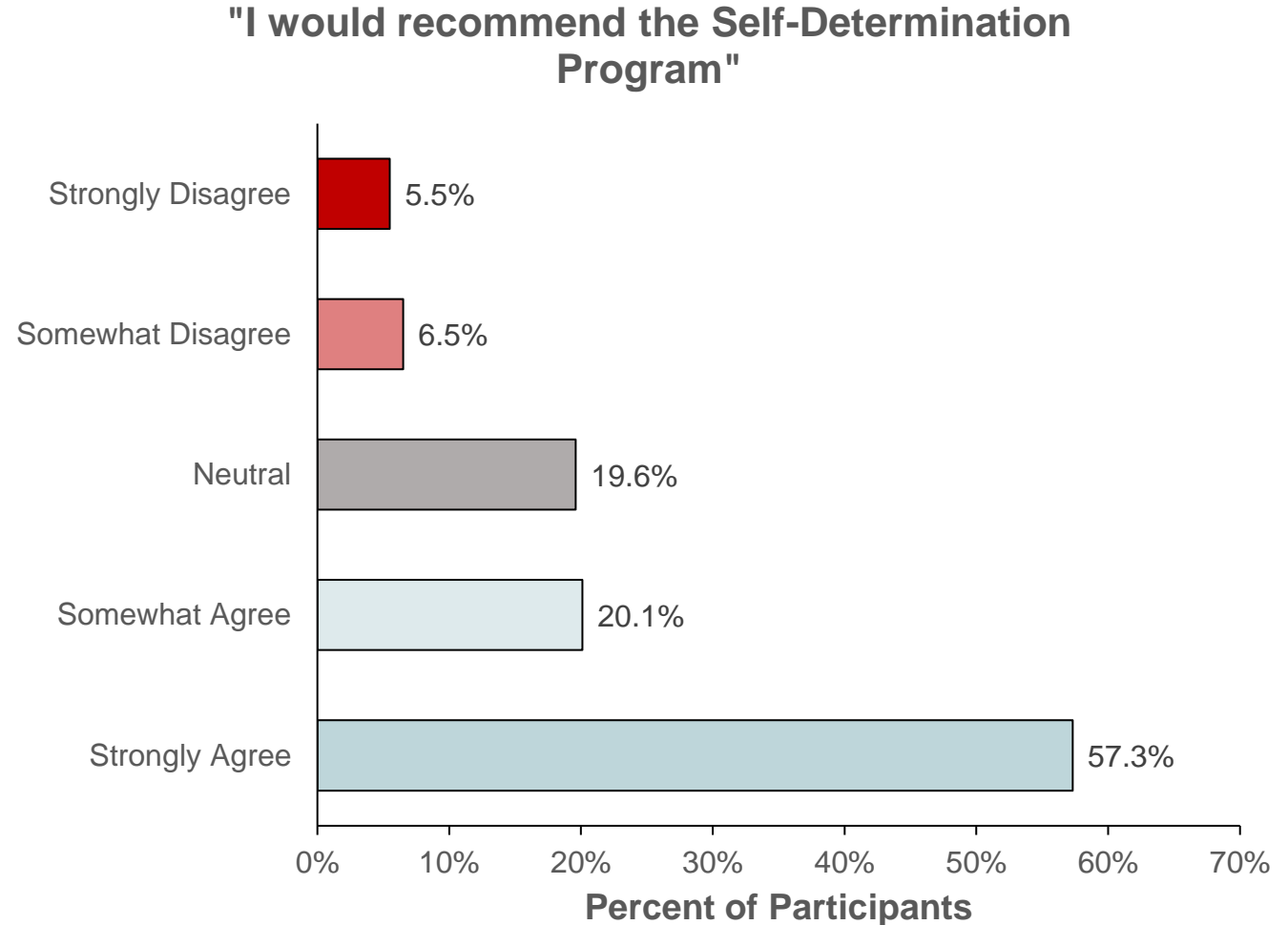
# Most users agreed with the statement:

*“I am pleased with my overall experience in the Self-Determination Program.”*

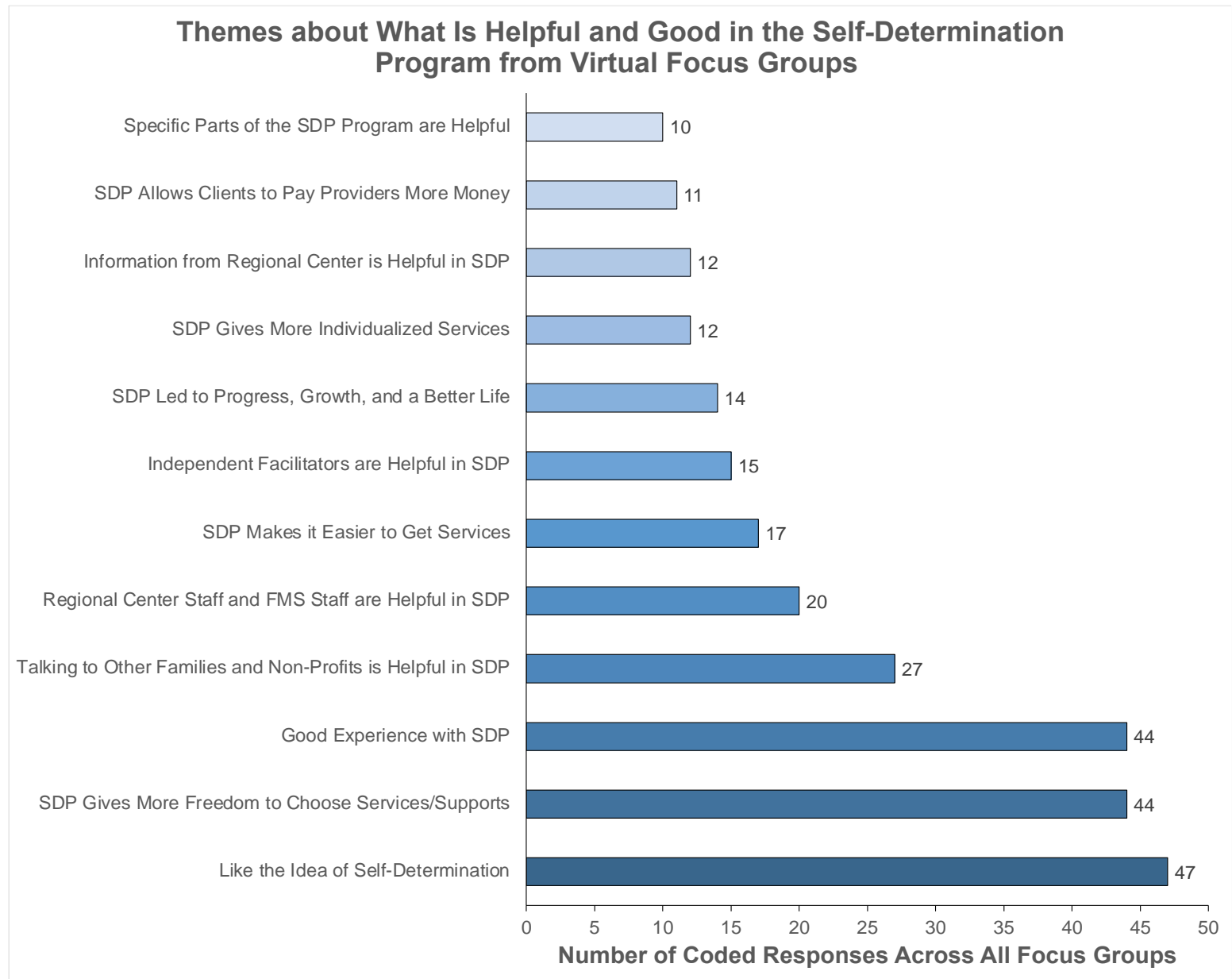


Most users would **recommend SDP**, and agree with this statement:

*“I would recommend the Self-Determination Program.”*

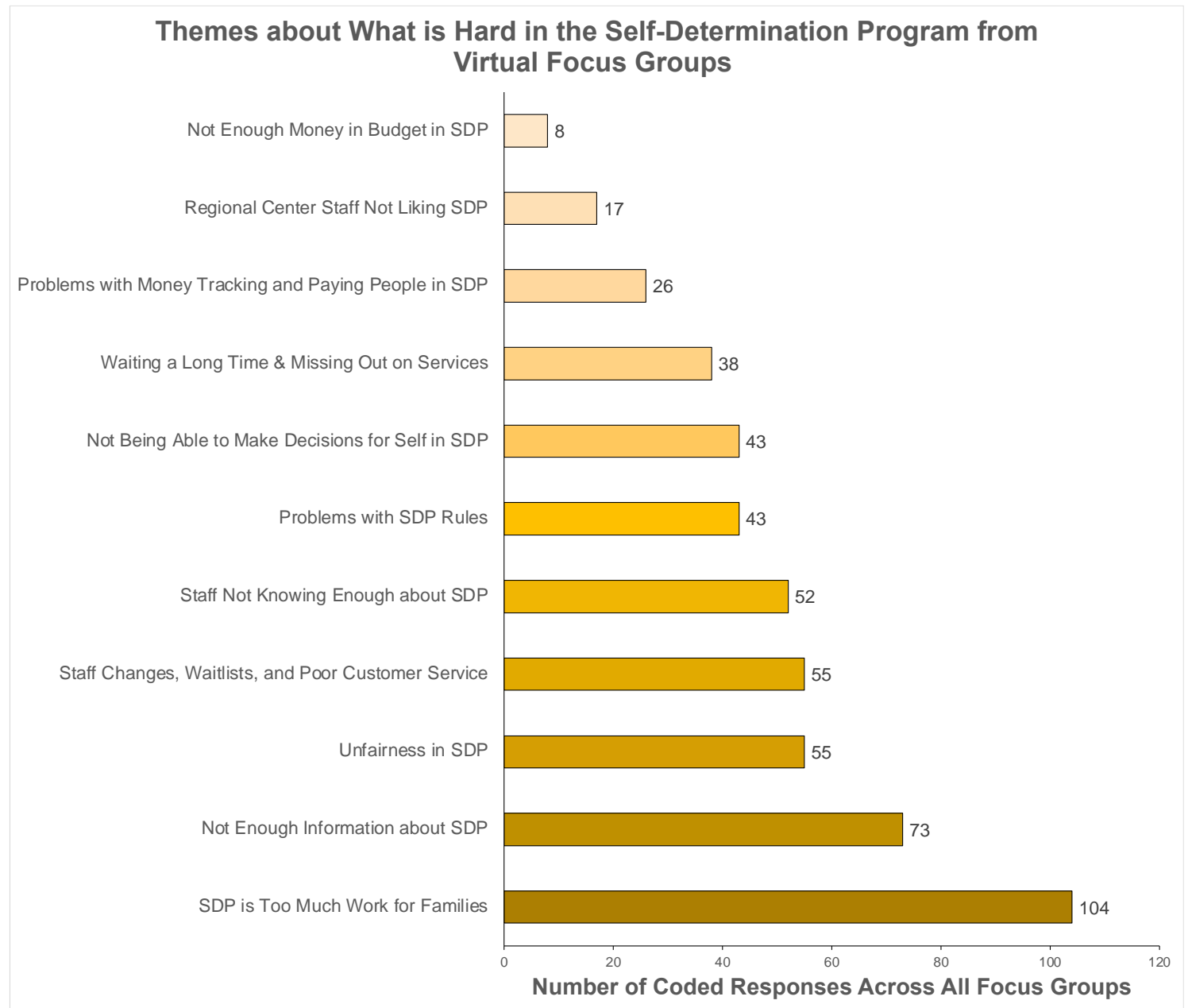


# Key Findings: What users like about SDP



# Key Findings:

Users identified these problems and challenges



# Recommendations

- Make information about SDP more available
- Make signing up for SDP easier
- Make budgeting easier for users
- Make the system easier to use and navigate
- Provide more Independent Facilitators & pay them more
- Learn from the SDP Model to improve hiring and retention of staff
- Make the system more fair so it treats all people and communities equally

# Thank you!

Questions? – Comments?