

How does the Self-Determination Program work?

The Regional Center spends state money to buy services for you. With Self-Determination, you get to use that money to buy services you want. First, you would develop person-centered goals with the support team that you choose. Then, you develop a plan that says how you would spend the money to meet those goals.

What can I buy with my Self-Determination money?

You could choose to buy some or all of your current services, or you could choose to buy something different. For example, you might decide that you want to spend some of your budget on needed technology, to pay someone to drive you to an event, and/or to take a class that interests you. It's up to you!

I'm interested! How can I learn more?

The first step is to attend an orientation to get a more thorough explanation of SDP. There you will learn more about the initial and ongoing supports that are available to you.

<https://scdd.ca.gov/sdp-orientation/>

<https://www.rceb.org/resources/self-determination/>

SELF-DETERMINATION is ...

FREEDOM to plan your own life and make your own decisions

AUTHORITY to determine how funding is spent for your services and supports

SUPPORT to choose your own services

RESPONSIBILITY to use your state-funded SDP budget wisely

CONFIRMATION of the important role that you have to make decisions about your own life

For more information, please visit:

www.dds.ca.gov/SDP

www.rceb.org/self-determination

www.scdd.ca.gov/sdp-home/

www.sdpbayarea.org

Or contact Regional Center of the East Bay (RCEB):

selfdetermination@rceb.org

(510) 618-6100



SELF-DETERMINATION

Your Choice, Your Way



An optional program based on person-centered planning allowing you more freedom to choose the services and supports in your life.

Self-Determination Local Advisory Committee for Regional Center of the East Bay (RCEB), serving Alameda and Contra Costa Counties

Stories of Self-Determination



Melissa's Story

My husband and I recently bought a new house. With SDP, I was able to hire someone to organize our garage to make it more accessible. Additionally, I hired someone to modify other things around our house so I can access all my belongings and areas of my home. Although SDP can be complicated to set up, help is available. It's worth the effort!



A Parent's Story

When my son, Miguel, began services with RCEB, we opted for SDP. Because of the flexibility of SDP, he was able to take part in an enrichment program that would not have been available in traditional services. This program promotes greater autonomy, mental agility, concentration, and self-esteem. Now my son is more motivated and independent.

Stories of Self-Determination

Ashley's Story

I get to decide! Prior to SDP, I had to convince participants from my day program to agree on the same activities that I wanted to do. Now in SDP, I can pick activities, like going to a private swim class or hiring a personal trainer. I can use Uber or Lyft to take me places instead of the less flexible paratransit service. I enjoy taking community college classes with the help of my hired aide, who is a trusted family friend. I also purchase mobility instruction to teach me how to navigate the campus.



Dianne's Story

The SDP allows my daughter, Ashley, to choose from a variety of activities and services, not limited to those approved by a regional center. I observe her smile radiantly after her YMCA Zumba class, and before her upcoming 1-on-1 music class. Yes, the SDP involves a bit more paperwork than I wish. But, it is so worth it to see that smile and sense of self-empowerment, just what a parent cherishes for their child.

Stories of Self-Determination

A Family's Story



Our sons, Stephen and Edward, have a rare disease which causes decreased mobility. Camps, swimming and outdoor gross motor activities are ideal for them but it's hard to find regional center programs which meet their unique needs. Self-determination has provided more options for physical activities that Stephen and Edward will enjoy.



Neil's Story

SDP enables me to manage my budget and hire the attendants that I prefer. I save money by hiring them directly, instead of going through an agency. With that savings, I can pay them more. I set their wages, schedules, and I supervise their work. Starting SDP can be overwhelming at first, but supports are available. For example, participants can use some of their budget to hire an Independent Facilitator to help them.