



WHAT IS SELF-DETERMINATION?

The Self-Determination Program (SDP) allows adults with disabilities, or families of children with disabilities, to take charge of their own futures. With support from family, friends, and trusted professionals, you can choose the services and supports you need, and decide who will provide them. Participation in the Self-Determination Program is voluntary.

How does it work?

You are given an INDIVIDUALIZED BUDGET

The law says that individualized budgets must be determined fairly and that everyone must be treated the same way. The initial budget amount will start with the money spent on your regional center services for the previous 12 months. The budget will be good for one year and it can be adjusted for reasons such as a change in circumstances or unmet needs. A new Individual Program Plan (IPP) will be needed to reflect the change and document any budget adjustment.

A Person-Centered Plan (PCP) may be written with the help of an INDEPENDENT FACILITATOR (IF)

When you are planning to start SDP for the first time, the regional center will pay for you to hire someone to help you create your initial Person-Centered Plan, if you want one. This person may have different job titles, but they are trained like an Independent Facilitator (IF). After you are in the SDP, you can choose to hire an Independent Facilitator and pay for them out of your own budget, but it is not required. You can also have a family member or friend help you for free, but they need to be trained and qualified. Your IF helps you find the services and supports you need. Some of your supports will come from your family, friends, or people you know, and those are free. Other services will be paid for out of your budget. The IF helps you find and hire the right people to support you and to help you decide how much they should be paid. The IF also makes sure everyone you hire is qualified and that you don't spend more money than you have in your budget.

To learn more about what an IF does, you can watch the SCDD Independent Facilitator Webinar Series by clicking on your preferred language: [English](#), [Spanish](#), or [Vietnamese](#).

The money in your annual budget is sent to a FINANCIAL MANAGEMENT SERVICE PROVIDER (FMS)

YOU CHOOSE THE FMS. When your spending plan is ready and your services and supports are set up, the regional center sends the money from your annual budget to a Financial Management Service Provider (FMS). The FMS keeps your money safe, and pays for all of the services you need based on your plan, and tracks how much you spend. They also handle paying taxes and insurance and make sure the people working for you don't have criminal records. The FMS does not tell you how to spend your money.

Click [here](#) to learn more about the FMS roles, responsibilities, models, employer burden and other costs.

What's next?

To join the Self-Determination Program, you first need to attend an orientation. You will find the SCDD Statewide SDP Orientations on our [website \(https://scdd.ca.gov/sdp-orientation/\)](https://scdd.ca.gov/sdp-orientation/). You can also ask your regional center if they offer orientations.

You can learn more about the SDP by attending meetings of your regional center's [Local Self-Determination Advisory Committee \(LVAC\)](#) and the SCDD Statewide Self-Determination Advisory Committee (SSDAC). Check with your local regional center for meeting times and locations. The SSDAC meeting schedule, agendas, and statewide information are available at this [link \(https://scdd.ca.gov/ssdac/\)](https://scdd.ca.gov/ssdac/).

You can also sign up for updates on the SDP on the [DDS website \(https://www.dds.ca.gov/initiatives/sdp/\)](https://www.dds.ca.gov/initiatives/sdp/).