

# Self-Determination Program Orientation Part A

LAST UPDATED  
APRIL 2026

**DDS** Department of  
Developmental  
Services



# Housekeeping



For “**Insert language**” interpretation: click on the white globe at the bottom of the screen labeled “Interpretation.” Then click on “**Insert language**” and select “Mute original audio.”



Closed Captioning is on.

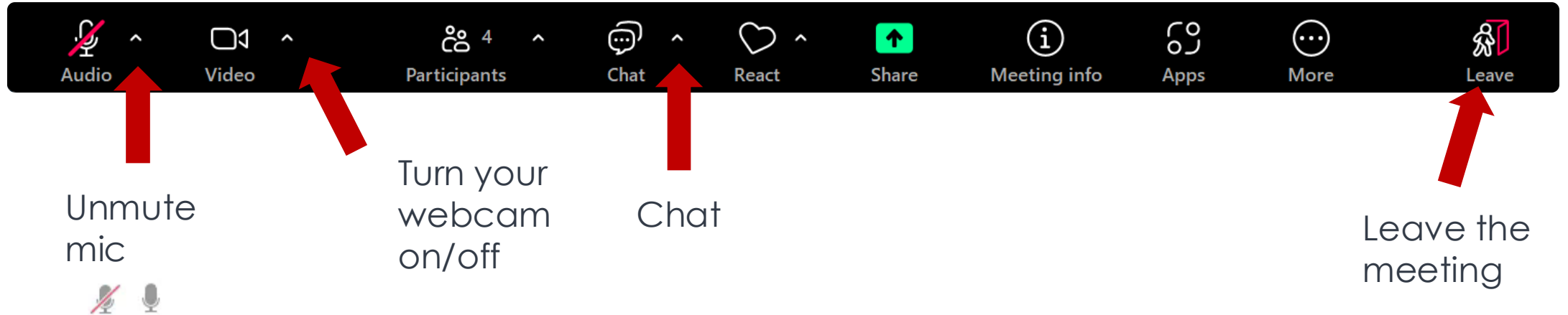


**Please keep cameras on.**



Materials are available at: [SCDD https://scdd.ca.gov/sdp-orientation/](https://scdd.ca.gov/sdp-orientation/)

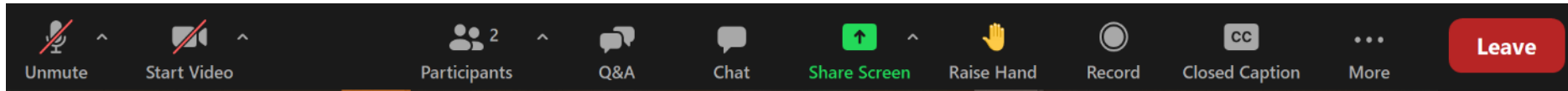
# Zoom Tips



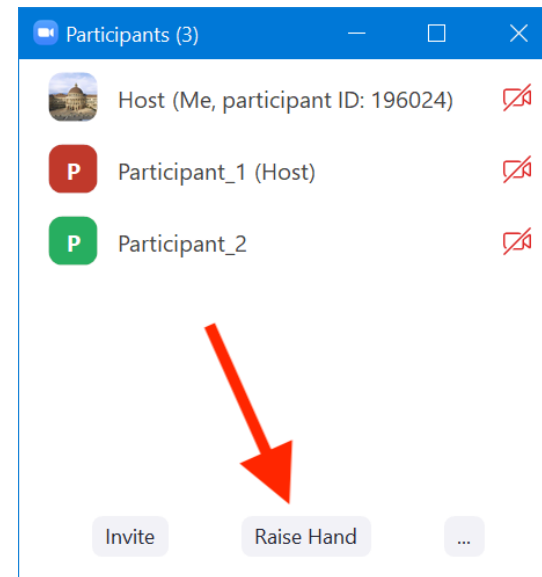
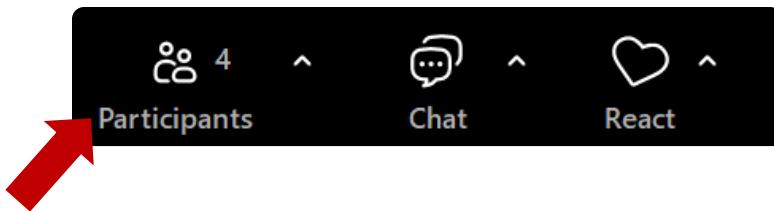
- Features will vary based on the version of Zoom and device you are using.
- Some Zoom features are not available for telephone-only participants.

# Providing Comments

Please press react to “Raise Hand” to make a comment.



You may need to click on “Participants”, and a new window will open where you can “Raise Hand.”





# Attendance Requirements

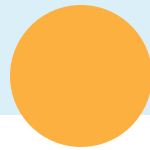
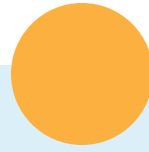
## **More than one adult attending together?**

- Type each adult's first and last name in the chat.
- State Council on Developmental Disabilities (SCDD) staff will confirm attendance (name & camera on) via chat.

## **Certificate instructions are provided at the end.**

- You must attend the entire session and provide the required information.

**Welcome**



# Welcome

This is the Self-Determination Program (SDP) Orientation Part A.



# Agenda



- California's Developmental Disabilities System
- Regional Center Service Delivery Models
  - Traditional
  - Participant-Directed
  - Self-Determination Program
- The Self-Determination Program
  - Person-Centered Plan
  - Individual Program Plan
  - Individual Budget
- Next Steps
- Resources



# California's Developmental Disabilities System

# California Department of Developmental Services



The Department of Developmental Services (Department) is the California state agency overseeing services for individuals with developmental disabilities.

There are 21 community-based non-profit regional centers who coordinate services across the state.



# Lanterman Act

**All regional center services are based on Lanterman Act values.**

These include:

- Making your own choices
- Leading an independent and productive life
- Being included in your community
- Receiving person-centered services that meet your needs
- Having services at all life stages align with your culture, language and lifestyle

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# Regional Centers

**Regional centers were created by the Lanterman Act.**

Their role is to:

- Provide assessments
- Decide eligibility
- Provide you a service coordinator
- Develop your Individual Program Plan (IPP)
- Identify and help you coordinate generic services
- Pay for some services



# Service Coordinator

Every individual who is eligible for regional center services is assigned a service coordinator.

**Your service coordinator is your main point person at the regional center.** They can help you develop your IPP goals and get the services and supports you need to meet them.



# Individual Program Plan

Your IPP is:

- A plan that talks about the **help you need to live the way you want**
- **Identifies your goals, services, and supports** so that you can be more independent and participate in the community
- A **written agreement** between you and your regional center
  - Written in a way you can understand

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# Services and Supports

There are different ways you can get the services and supports you need to meet your IPP goals. There are:

- **Natural supports** – voluntary help you get from family, friends, neighbors, and others in the community
- **Generic services** - provided by private insurance, local and other California state agencies.
- Services funded by the regional centers
  - Often through **regional center vendors**

Regional center vendors have contracts with the regional centers.



# Generic Services

**You must use available generic services** from other public agencies and entities before your regional center pays for services and supports. Generic services include:

- Medi-Cal or private insurance
- In-Home Supportive Services (IHSS)
- Department of Rehabilitation (DOR)
- School district or private school
- Public transportation
- State and local housing services
- Community legal services



# Knowledge Check

Question:

If you do not like your generic service, your regional center can pay for the service instead?

- A. True
- B. False



# Knowledge Check

Answer:

B. False

You must use **all available** generic services from other public agencies and entities before your regional center pays for services and supports.



# Regional Center Service Delivery Models



# Regional Center Service Delivery Models

You choose which service delivery model is best for you.



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# Your Responsibilities

In all service delivery models, you:

- **Meet with your IPP team every year** to review your person-centered IPP goals
  - Share anything getting in the way of you meeting those goals
  - **Your IPP team** includes you, your service coordinator, other regional center staff, and anyone else you choose to invite
- **Work with your IPP team** to review the different service delivery models, develop your IPP goals, and decide the services and supports you need to meet them
  - Includes using all available generic services first



# Your Responsibilities

Reach out to your service coordinator anytime for **questions or concerns**.

You have **the right to appeal** if you do not agree with your services and supports.



# Service Coordinator's Responsibilities

In all service delivery models, your service coordinator will:

- **Meet with your IPP team yearly** to develop and review your person-centered IPP goals and decide the services and supports you need to meet them
- Review the different service delivery models with you
- **Answer questions** and address concerns

# Regional Center Service Delivery Models



Traditional  
Services

Your regional center services are provided by **regional center vendors**.

Your regional center checks that the vendor is **qualified** to provide the services.

Your **service coordinator** works with you to find regional center vendors who can help you meet your IPP goals.

Your regional center directly pays the regional center vendor.

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# Your Responsibilities

In addition to your general responsibilities in **traditional services**, you:

- Ask your service coordinator for help to **choose** your regional center vendors
- **Schedule services** with your regional center vendors
- Reach out to your service coordinator if you want to change your regional center vendors



# Service Coordinator's Responsibilities

In addition to their general responsibilities, in **traditional services** your service coordinator:

- Helps you **find and choose** regional center vendors to provide your services
- Creates the **Purchase of Service authorizations** for your regional center vendors
- Checks that services are being delivered as expected

# Regional Center Service Delivery Models



You can hire your **own employees** for some services.

You choose, schedule and supervise **qualified** employees for the services.

You must use a **Financial Management Service (FMS) vendor** to pay your employee(s).

# Regional Center Service Delivery Models



Services available in **Participant-Directed Services**:

- Community based training
- Daycare
- Nursing
- Respite
- Transportation services
- Personal assistance (PA)
- Independent Living Services (ILS)
- Supported Employment (SE)

# Regional Center Service Delivery Models



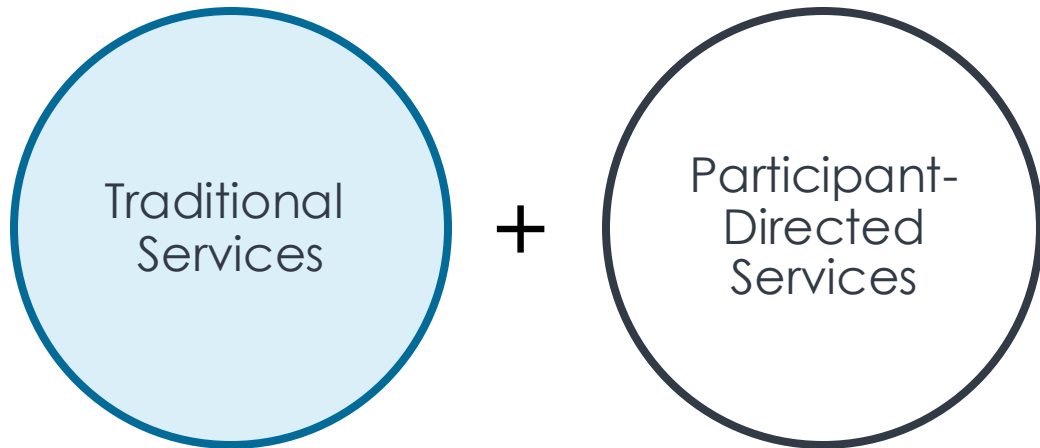
## Your FMS vendor:

- Checks to make sure your employee(s) is qualified
- Pays your employee(s) directly

## Your employee(s):

- Need to follow **employment laws**
- Paid the **set rate** per service type determined by the Department

# Regional Center Service Delivery Models



You can use **both regional center vendors and Participant-Directed Services** at the same time.

Your regional center pays vendors directly.

Your FMS vendor pays your employee(s) the set rate for their service type.

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# Your Responsibilities

In addition to your general responsibilities, in **Participant-Directed Services** you:

- Ask your service coordinator for help to **find an FMS vendor**
  - Choose an FMS vendor to use
- **Choose the employee(s)** you want to provide your Participant-Directed Services
  - Schedule, supervise their work, review and verify their timesheets
- **Work with your FMS vendor** to hire and pay your employee(s)



# Service Coordinator's Responsibilities

In addition to their general responsibilities, in **Participant-Directed Services** your service coordinator:

- Helps you find an **FMS vendor**
- Creates the **Purchase of Service authorizations** for your FMS vendor

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# Knowledge Check

Question:

Can you hire your own employees for respite services and have a regional center vendor for your personal assistance service?

- A. Yes, I can use **both** regional center vendors and my own employee(s) in Participant-Directed Services.
- B. No, I can **only** use regional center vendors or Participant-Directed Services.



# Knowledge Check

Answer:

A. Yes, I can use both regional center vendors and my own employee(s) in Participant-Directed Services.

You can use both regional center vendors and hire your own employees in Participant-Directed Services together.

Your regional center pays vendors directly and your FMS vendor pays your employee(s). The Department sets the rate your employee(s) are paid.

# Regional Center Service Delivery Models



You have **flexibility** about who provides your services in SDP. Service providers in the SDP can be:

- Regional center vendors
- Local businesses or community resources
- SDP Providers
- People you hire, your employees

**You find, schedule and supervise** whoever provides your services.

# Regional Center Service Delivery Models



You have a **certified individual budget**.

You make a **spending plan** that lists the services and supports to meet your IPP goals.

You must use an **SDP FMS vendor** to pay for your services and supports.

# Regional Center Service Delivery Models



Self-  
Determination  
Program

## Your SDP FMS vendor:

- Checks to make sure your service providers are **qualified**
- Pays all your service providers including employees directly
- Helps you follow **employment laws**

# Regional Center Service Delivery Models



Self-  
Determination  
Program

All services must be eligible for **federal financial participation**. This means only services approved by the federal government can be paid in the SDP.

The list of California approved services is in the **SDP waiver**.

Each service is explained in the [SDP Service Definitions](#).

There is **no reimbursement** in the SDP.

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# Your Responsibilities

In addition to your general responsibilities, in the SDP you:

- **Develop your individual budget** with your IPP team
- Ask your service coordinator for help to **find an SDP FMS vendor**
- Choose an SDP FMS vendor and **FMS model** you want to use, and that supports the services and supports you need
- **Develop your spending plan** that lists the services and supports you need to meet your IPP goals

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# Your Responsibilities

In addition to your general responsibilities, in the SDP you:

- **Find who you want** to provide the services and supports on your spending plan
  - Schedule, supervise their work, review and verify timesheets and or invoices
- **Work with your SDP FMS vendor** to:
  - Pay for the services and supports in your spending plan
  - Keep track of your **monthly spending**

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# Service Coordinator's Responsibilities

In addition to their general responsibilities, in the SDP your service coordinator:

- Helps **certify your individual budget**
- Helps **certify your spending plan**
- Helps you find an SDP FMS vendor
- Creates the **Purchase of Service authorizations** for your SDP FMS vendor
- Reviews your **monthly individual budget statement** from your SDP FMS vendor

# Comparison Chart of Regional Center Service Delivery Models

	Traditional Services	Participant-Directed Services	Self-Determination Program
IPP	X	X	X
Service coordinator support	X	X	X
Regional center vendors	X	X	X
Your selected employee(s)		X	X
FMS vendor		X	X
SDP providers			X
Individual budget			X
Spending plan			X



# The Self-Determination Program

# The 5 Principles of the Self-Determination Program





# The Self-Determination Program Eligibility

You can participate in the SDP if:

- You have **Lanterman Act eligibility** at your regional center (Status 2)
- You live at home or in a group home
- You live in a long-term healthcare facility and want to move out within 90 days
- You **agree to the responsibilities** in the SDP

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# The Self-Determination Program

To participate in the SDP, you must:

- Complete the Department-approved **SDP Orientation**
- Use **all available generic services** first
- Have your individual budget and spending plan certified by your regional center
- Use services and supports on your spending plan to **meet your IPP goals**
- Work with your SDP FMS vendor and stay within your individual budget



# The Self-Determination Program

To participate in the SDP, you must:

- Inform your IPP team when there is change in your:
  - Needs
  - Circumstances
  - Resources
  - Services and supports



# The Self-Determination Program Transition

**The SDP transition** begins after you complete the full SDP Orientation and continues until your official SDP start date.

**During this transition period, you will continue receiving services as stated in your current IPP.**

**SDP Transition Supports** are available to assist you during this planning period. They may be used until your SDP start date.

- They can coach and train you through the enrollment process.



# The Self-Determination Program Transition

Individuals that can help you with your SDP transition include:

- Your **natural supports** – voluntary help you get from family, friends, neighbors, and others in the community
- **Your service coordinator** and other regional center staff
- **SDP Transition Supports**, paid for by your regional center include:
  - Person-Centered Plan
  - General Self-Directed Supports
  - FMS Transition Supports

Reach out to your service coordinator to learn more about SDP Transition Supports.



# Knowledge Check

Question:

Who can help you with your SDP transition?

- A. Only your service coordinator
- B. Only SDP Transition Supports
- C. Your natural supports, your service coordinator, and SDP Transition Supports

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# Knowledge Check

Answer:

C. Your natural supports, service coordinator, and SDP Transition Supports

You can receive help from multiple individuals during your transition. You can get help from your natural supports, regional center service coordinator and staff, and paid SDP Transition Supports.



# **The Self-Determination Program: Person-Centered Plan**





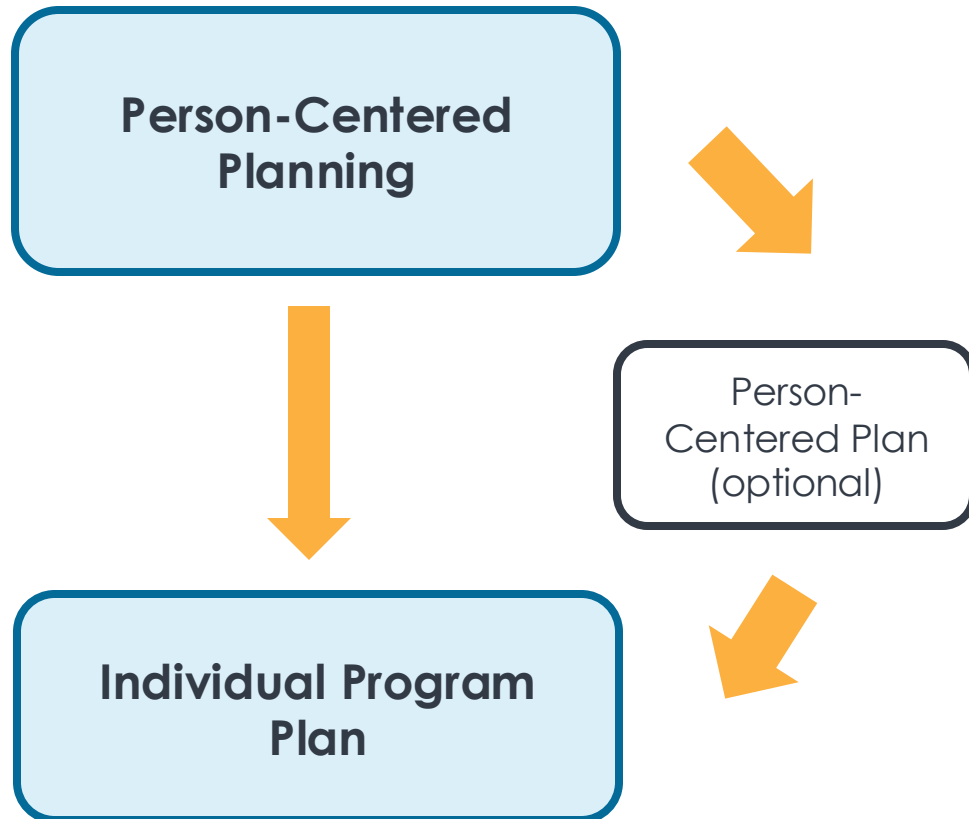
# Person-Centered Planning

**You are the center** of person-centered planning. These practices include:

- Highlighting your **vision for the future**
- Helping you explore ways to meet your **short and long-term goals**
- Basing it on **your strengths, capabilities, preferences, lifestyle and culture**
- Helping identify ways to reach your life goals

These practices are used during your IPP to develop your person-centered IPP.

# Person-Centered Planning



Completing a separate Person-Centered Plan (PCP) is an optional part of your SDP transition.

- It can help you **update your existing IPP**
- You can invite others to attend
- **You lead it** and, a **trained Person-Centered Planner** can help you

Your regional center can pay for it as part of your **SDP Transition Supports**. Ask your service coordinator for more information.

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# The Person-Centered Plan

Consider the following when looking for a Person-Centered Planner, do:

- They understand your culture and lifestyle?
- They speak your preferred language?
- They understand your stage of life?
- They know about services in your area?
- You feel comfortable working with them?

If the Person-Centered Planner is getting paid by your regional center, the planner must be trained or certified in Person-Centered Practices.



# Knowledge Check

Question:

Are you required to have a separate Person-Centered Plan before you can join the SDP?

- A. No, it is helpful but not required.
- B. Yes, it is required. You cannot start the SDP without one.
- C. Yes, only if you write it yourself.

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# Knowledge Check

Answer:

A. No, it's helpful but not required.

You can join the SDP without a separate Person-Centered Plan. It's optional, but it can help guide your services and goals. The regional center can fund one during your SDP transition.



# **The Self-Determination Program: Individual Program Plan**





# Individual Program Plan

You and your IPP team develop your **IPP to support your needs related to your developmental disabilities.**

Your IPP includes:

- What is happening in your life
- What is important to you and for you
- Your goals and the services and supports you need to help you meet them

It is a written document created with your IPP team.



# Individual Program Plan

Your IPP is reviewed every 12 months, or sooner if something changes. You can request an IPP meeting at any time.

If you want to schedule an IPP meeting, contact your service coordinator.



# Your Responsibilities

In addition to your general responsibilities, for your IPP you:

- Invite who you want to help you with your planning
- Work with your service coordinator to choose a time and comfortable place to meet
- Share what is happening in your life
- Share what is important to and for you
- Ask questions about different service delivery models
- Work with your IPP team to develop your IPP goals, and decide the services and supports you need to meet them

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# Service Coordinator's Responsibilities

In addition to their general responsibilities for your IPP, your service coordinator:

- Holds your IPP meeting at a time and place that works for you
- Checks-in with you at least once a year
- Guides your IPP team in developing and reviewing your IPP goals
- Works with your IPP team to review service delivery models and which services you need to meet your IPP goals
  - Helps you find all available generic services
- Writes your IPP and gives you a copy

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# Knowledge Check

Question:

Do you still have IPP meetings after you join the SDP?

- A. No, you can use your Person-Centered Plan as your IPP.
- B. Yes, an IPP is required.
- C. No, having an IPP is optional in the SDP.



# Knowledge Check

Answer:

B. Yes, an IPP is required.

Your service coordinator continues to have an active role with you in the SDP.

Reminder: Your IPP is the document that describes your goals, needs, and services.



# The Self-Determination Program: Individual Budget





# Initial Individual Budget Development

**The individual budget is the amount of money you will have to purchase services and supports needed to meet your IPP goals.**

Your individual budget is based on:

- The total amount of the most recent 12 months of Purchase of Service authorizations
- Services authorized by the IPP team that have no Purchase of Service authorizations yet

Your regional center will then remove any services paid by the regional center outside of the SDP and any one-time expenses.



# Initial Individual Budget Development

If your existing IPP has **no or low services** authorized by your regional center, your IPP team discusses any unmet needs.

If your IPP has **less than 12 months of services**, your IPP team calculates the annual cost of the services.

**If you do not have an IPP**, you will meet with your IPP team to set your goals and identify the services and supports you need to meet them.

- Your initial individual budget will be based on those



# Adjustments to the Individual Budget

**Your IPP team may adjust your individual budget. This could be an increase or a decrease in funds.**

Reasons for individual budget adjustments include:

- Change in needs
- Change in circumstances
- Change in resources

**If your IPP team agrees you need a new service, your regional center may pay for an assessment to learn what level of service you need.**



# Individual Budget Certification

**Your regional center must certify your individual budget.** To do this they must confirm:

- You are using all available generic services first
- The individual budget amount is the same amount as the cost of the services you would get in traditional services
- The services and supports are needed to meet your IPP goals

A copy of your certified individual budget is attached to your IPP.

The Department is creating uniform processes and procedures for individual budget development.

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# Your Responsibilities

In addition to your general responsibilities, for your **individual budget** you:

- Work with your IPP team to **identify and list the services and supports** you need to meet your IPP goals
- Use all available generic services first. The cost of these services are not included in your individual budget
- If needed, **participate in assessments** for new or changing services

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# Service Coordinator's Responsibilities

In addition to their general responsibilities, for your **individual budget** your service coordinator:

- Helps you get information to make choices about your services and supports
- Works with your IPP team to develop your individual budget
- Reviews the cost of your services and supports
- Checks that your individual budget **follows state and federal rules**
- **Helps certify your individual budget**
- Helps adjust your individual budget if your needs, resources, or circumstances change

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# Knowledge Check

Question:

Who calculates your individual budget amount?

- A. You tell your IPP team the individual budget amount you need.
- B. Your regional center calculates and certifies your individual budget based on the services and supports you need to meet your IPP goals.

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# Knowledge Check

Answer

B. Your regional center calculates and certifies your individual budget based on the services you need to meet your IPP goals.

Your regional center always calculates your individual budget.



# Resources & Next Steps





# Resources and Contacts

## Questions about SDP Orientation Materials or Certificates?

Contact SCDD at [sdporientation@scdd.ca.gov](mailto:sdporientation@scdd.ca.gov)

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

## Questions about the SDP?

Contact the Department's SDP Branch at [SDP@dds.ca.gov](mailto:SDP@dds.ca.gov)

Website: <https://www.dds.ca.gov/initiatives/sdp/>

**Additional Resources** can be found at: <https://scdd.ca.gov/sdp-orientation/>



# What's Next?

Attend SDP Orientation, Part B. You will learn about:

- Spending plans
- SDP FMS vendors and the different FMS models
- Getting ready to transition into the SDP
- Resources available to you
- Next steps

# After Today

If you want to complete the SDP Orientation, sign up for the SDP Orientation PART B at <https://scdd.ca.gov/sdp-orientation/>

You will need to complete Part A and Part B of the SDP Orientation to meet the requirement.



# Certificate of Completion

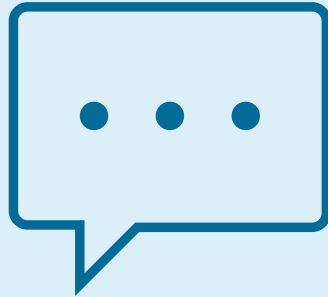
Complete the Certificate Survey. The link is provided in the chat.

- Your first and last name
- Individual's first and last name
- Individual's UCI number
- Individual's regional center





**Questions?**



**CONGRATULATIONS!**

**You have completed the SDP Orientation - Part A**