

# SELF-DETERMINATION PROGRAM



## WHAT IS THE SELF-DETERMINATION PROGRAM?

The Self-Determination Program (SDP) is a voluntary regional center program that provides participants with an individual budget to purchase services and supports that they need to carry out and achieve their person-centered plan (PCP) and Individual Program Plan (IPP) objectives.

SDP allows access to services through agencies or people that are not vendors of the regional center while complying with all standard requirements of services, including the need to exhaust generic resources and utilize natural supports prior to accessing regional center funding.

The program has five principles that are part of the law:

1. **Freedom**-to have the same rights as everyone; to decide how you want to live your life and who supports you.
2. **Authority**-to control a budget in order to purchase services & supports of your choosing.
3. **Support**-including the ability to arrange resources & personnel.
4. **Responsibility**-including the opportunity to take responsibility for making decisions in your life and accept a valued role.
5. **Confirmation**-in making decisions in your own life by designing & operating the services you need & rely on.

## WHO CAN PARTICIPATE IN THE SELF-DETERMINATION PROGRAM?

As of July 01, 2021 the self-determination program is available for all Lanterman eligible regional center clients that do not reside in long term health care facilities (skilled nursing facility or intermediate care facility).

## HOW DO I GET STARTED

To get started, please contact your service coordinator and let them know that you are interested. They will inform you of the steps needed.