

# SELF-DETERMINATION

UPDATE MAY 10, 2019

## Person Centered Planning Services

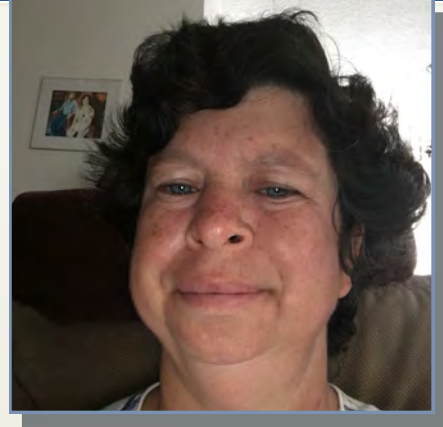
### *What to Expect? What to Pay?*

Prior to participation in the Self-Determination Program (SDP,) a potential participant may request person-centered planning (PCP) services, in addition to those provided by the regional center, to assist with the comprehensive planning to inform the development of the Individual Program Plan (IPP.) DDS recently provided further clarification regarding these services, including what to expect from the person or organization providing this service and appropriate costs. Read the full update on PCP services posted in the frequently asked questions area on the DDS website at

<https://www.dds.ca.gov/SDP/faq.cfm>

Contact your Regional Center for more information or read the DDS correspondence on initial PCP services at

<https://www.dds.ca.gov/SDP/docs/personCenteredPlanning.pdf>



### Self Determined Self Advocate

Mara is a Self-Advocate who sees the value of serving as Co-Chair of the SDP Local Advisory Committee (LAC) at Tri Counties Regional Center. "Several years ago I learned about SDP. I had no idea what it was, so I went to a meeting and I learned what it was all about and got so interested that I volunteered to be on the LAC." Mara advises other Self-Advocates who may be interested in SDP to learn more by talking to their Regional Center worker and attending LAC and other advocacy meetings. She says to "be ready for a new change" because, in her words, SDP is "a totally different program, it's run differently, and is not like a regular program" because "you are more in charge." Self-Advocates at the Central Valley Regional Center made a video that talks about a meaningful life in the community through SDP, view it at [www.cvrc.org/self-determination-program](http://www.cvrc.org/self-determination-program).

## Question of the Day

**Q:** How much responsibility will participants or their family have if they choose to participate in SDP?

**A:** Self-Determination provides individuals more choice and flexibility in selecting services and supports, who provides them, and how money in the individual budget is spent. The Regional Center continues to be a source of support in SDP. Participants may also choose to get help with these tasks from an Independent Facilitator. The participant will also need to choose a Financial Management Services entity that will work with him or her to monitor an individual budget, verify provider qualifications, and pay providers.

Watch an informational video about SDP at

<https://www.dds.ca.gov/SDP/videos.cfm>

### WANT MORE INFORMATION ABOUT SELF -DETERMINATION?

- ◆ Visit the Self-Determination Page of the DDS website at <https://www.dds.ca.gov/SDP/>
- ◆ Attend a Self-Determination Local Advisory Committee Meeting, contact your Regional Center or Local State Council on Developmental Disabilities Regional Office