

SELF-DETERMINATION

October 2020



Keep Your Head Up

Willie is a self-advocate that started in the pilot program and has successfully transitioned into the Self Determination Program (SDP); a trail-blazer both times. Willie came across some communication obstacles when moving between the pilot and SDP. Through a lot of hard work, Willie and his team were able to solve his barriers. Willie hopes that that no one else has to face the same issues he did.

“This problem solved future problems for people that don’t have voices; I am happy I could help and that this happened to me and no one else,” says Willie. He adds the one key factor for a successful transition into the SDP is a good case manager – more specifically, “someone that understands and has an open communication line with you, communication is key.”

The biggest lesson and responsibility Willie says he has learned in the SDP is to stay on budget. His advice is to “make sure you create a budget plan, and be sure to stick to the plan...” He stresses that it’s important to “save each penny, and stretch it as far as you can to make it easier for you and everyone involved.”



The final piece of wisdom Willie wants to share is to, “keep your head up... You may get disappointed in yourself, but you want that freedom if you’re able to have it... you just want to live your life to the fullest... You’re in charge of your life, don’t let your disability get to you. Live the life you want to live”.

You can see that Willie has no problem living the life he wants, which includes a skydiving adventure!

Financial Management Services (FMS) Update

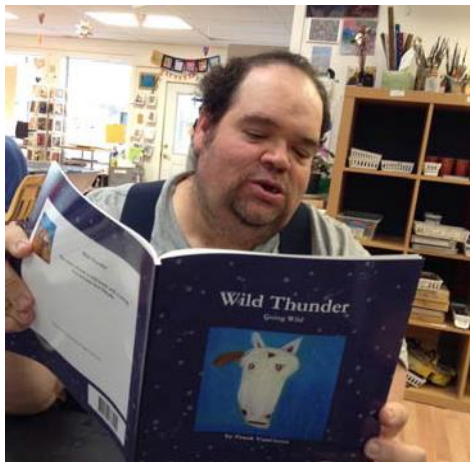
The [FMS page](#) of the DDS website has been updated to show all FMS providers that are available throughout California. This list and their accompanying contact information can be found under the “Show All” button. To view a list of FMS providers available at your regional center, please select the appropriate tab. If an FMS provider you want to work with is not listed under your regional center, please contact your regional center to arrange vendorization with your FMS of choice.

Question of the Day

Q. Do I have to repeat the Informational Session if I am not chosen during the initial implementation or, if I decline participation but then change my mind and want to participate?

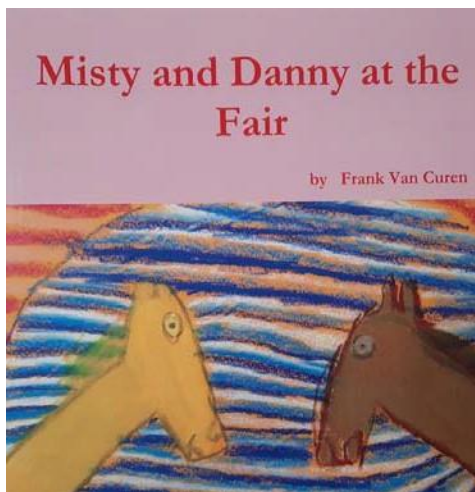
A. No. Once an individual has completed an Informational Session, they do not have to repeat the session at a later date in order to participate in the SDP.

Follow Your Dreams

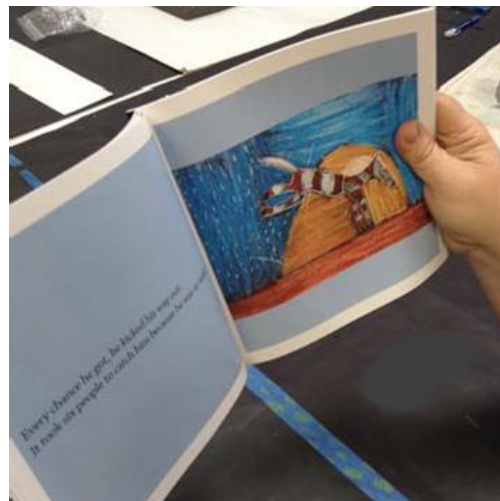


Frank is another trail-blazer for the SDP. A self-advocate that participated in the pilot program, Frank has officially transitioned into the SDP that opens up statewide in June 2021. His favorite part of the SDP is, “more control over services and supports – the biggest thing is controlling where the money goes,” says Frank.

He has gotten very involved in the SDP and has even joined his local committee. He enjoys participating in the committee because he likes to learn and feels as if he knows a lot more about the SDP than he ever did before. Frank says the committee not only teaches him more than what is going on with the SDP, but also helps him understand everything that is going on with current events.



Frank has a dream this year of getting on a horse – he says horses are one of his favorite animals. Something very exciting about Frank is that being part of the SDP has allowed him to pursue his dreams, which include illustrating and writing books. There are many books that he has been able to create and get published; including “Wild Thunder”.



Through the SDP, Frank now has the opportunity to attend Math and Art classes at Mendocino College. Frank expressed that he has gained confidence in himself and his abilities through the SDP. He feels this confidence has brought him closer to his community. Frank's final advice to those that are interested in the SDP is, “if you're scared, just push through the nervousness and follow your dreams...just do it.”

Have Questions About the SDP?

The Self-Determination Program (SDP) has a [Frequently Asked Questions \(FAQ\)](#) page on the DDS website that is continuously updated with recent program information. The FAQs are intended to provide information on frequent questions or concerns about each part of the SDP. The FAQ topics include, but are not limited to:

- General Information of Self-Determination
- Enrollment
- Person-Centered Planning
- Individual Budget
- Spending Plan
- Financial Management Services (FMS)

FOR MORE INFORMATION ABOUT SELF-DETERMINATION:

- ◆ Visit the [Self-Determination Page](#) on the DDS website.
- ◆ Attend a Self-Determination Local Advisory Committee Meeting
- ◆ Contact your Regional Center or Local State Council on Developmental Disabilities (SCDD) Regional Office
- ◆ Visit the [SDP Facebook Page](#) hosted by SCDD