

## Determination Takes Many Forms

Diana is an outgoing and hard-working self-advocate who embodies the principles of the Self-Determination Program (SDP). Though not currently a participant, she sets a great example of many of the principles of SDP in action like: freedom, authority, support, and responsibility. Diana has demonstrated her determination by finding creative ways to stay active and help people during the COVID-19 pandemic.



Due to the state of emergency and stay at home orders, Diana wanted to find a way to channel her energy. She is a very active person who used to go out almost daily to run errands, but is avoiding the risks that come with participating in her usual activities.

Before the pandemic, Diana also gave motivational speeches at schools and universities. Wasting no time, she decided to channel her energy and utilize her experience in public speaking to create informational [YouTube videos](#). One of her most recent videos is titled, "[Over Protection](#)". In that video she breaks down why this might happen and how to overcome this reoccurring issue.

Diana says she gets the determination and courage to start educating people on these topics because she "didn't like stereotypes from those who work with people with disabilities. They assume that I have a severe intellectual disability; it encourages me to convince them to treat me as an adult... I know that others can't advocate, so, I want to make awareness of this supposition".

Diana adds, "Determination is focusing on what I want in life and acting responsibly to attain those goals. Being self-determined is a combination of maintaining my achievements and finding safe ways to overcome obstacles to have the life that I want."

Diana hopes these videos "shows others that if one wants something in life, it is attainable if that person is determined". Diana uses her communicator to communicate with those around her. Her message is, "giving up because one has a physical disability is not the solution."

Her goal is to, "demonstrate that education and determination are great tools to face life whether or not one has a physical disability. Phrases like, "I don't know how to," or "I'm not allowed to," should not be in an adult vocabulary."

### 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.

## Temporary COVID-19 Related Needs



COVID-19 is greatly impacting how we all live our lives each day. This includes the possibility of changing some services and supports to meet changing needs. For SDP participants, funding in the spending plan may need to be moved around; from services that cannot currently be accessed to services that can be and that meet current needs. Participants may also require additional funds in their budgets to pay for increased needs during the state of emergency.

Updates regarding how funding, COVID-19 and related services may change at this time have been added to the SDP section of the DDS website in the [FAQ section](#) under the “Individual Budget” tab. Some of these updates include, but are not limited to:

- Reviewing the need for service on a regular basis
- Communicating with the IPP team about needs for new or increased services
- Determining the rates used to calculate a COVID-related adjustment to the budget

Please address all questions about these temporary measures to your regional center, or to the Department’s SDP inbox at [SDP@dds.ca.gov](mailto:SDP@dds.ca.gov).

## Question of the Day

**Q. I’ve been selected for the SDP. What help in planning my transition into the Self-Determination Program is available to me?**

**A.** Your regional center can help you with payments for the development of an initial person-centered plan as described in the [February 13, 2019 Directive](#); and for assistance in the development of an initial spending plan and other tasks described in the [December 2018 Directive](#). An independent facilitator and/or a financial management service provider who perform these tasks can help you plan. More information on available help can be obtained from your local volunteer advisory committee. See your regional center’s website for contact information.

## For More Information on Self-Determination:

- Review the updated [FAQs](#) on the DDS website
- 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

