

Self-Determination: It's not new

Selected Self-Determination Program (SDP) participants across California are completing their orientations, pursuing person centered planning, and just beginning to sit down with their regional centers to calculate their individual budgets, write their IPPs, and construct their spending plans. It is a time of focused learning together as participants and professionals alike are trying something new that is just getting started. This initial implementation phase is a time of developing and refining processes. Yet Self-Determination really isn't new. Did you know that Self-Determination programs have been implemented successfully in the United States for over 25 years? Individuals have been successfully developing person centered plans, managing budgets, and living meaningful lives thanks to Self-Determination. So, while Self-Determination may be new statewide here in California, there is a long history of success across the nation.

Read more about Self-Determination in states other than California at the Center for Self Determination website at

<http://www.self-determination.com/index.php>



“Ready to Do the Work!”

Meet Tammi, she's a Service Coordinator at the Inland Regional Center (IRC,) and she is so enthusiastic about the implementation of SDP at IRC. “What I like is that the person centered plan is at the heart of SDP. We are looking at people on an individual basis...learning what goals they want to set for themselves,” she says, “and then instead of us offering a structure that they have to fit into, SDP allows us to support (people) to create a structure that fits them... together we bring in supports that are most important to the consumer...it broadens the perspective.” Tammi says she is “super excited and ready to do the work!” Learn more about SDP at IRC at <https://www.inlandrc.org/consumersfamilies/#selfdetermination> Information about the role of the SC in SDP is included in DDS training materials posted at <https://www.dds.ca.gov/SDP/SDPMaterials.cfm>

Question of the Day

Q. If I choose to participate in the Self-Determination Program, will I still have the same rights?

A. Yes, participants enrolled in the Self-Determination Program will have the same rights established under the traditional service model (e.g. appeals, eligibility determinations, and all other rights associated with the individual program plan process).

Read more about Rights and SDP on the SDP Frequently Asked Questions Page on the DDS website at <https://www.dds.ca.gov/SDP/faq.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 (SCDD) Regional Office