

Self Determination Program



What is Self Determination (SDP)?

The Self-Determination Program (SDP) is a voluntary program that will help people with developmental disabilities and their families have more control over the services and supports that they need to achieve their goals. It will provide them with an individual budget with which to purchase services and supports they need to implement their individual person-centered plans.



Who is eligible?

- Participants in the SDP must be an individual served by the regional center with an eligible diagnoses.
- Must live at home or in the community.
- Attend an approved orientation
- And agree to follow the rules of the program.

How to get started:

- Attend a Mandatory Orientation:
 - HRC hosts monthly orientations in English and Spanish. Interpretation for other languages is also available if requested at least five (5) business days prior to the session and at the time of RSVP.
 - Reach out to your service Coordinator or visit our website for information on how to register.
- Attend an HRC local Self-Determination Advisory Committee meeting. The group meets on the 1st Wednesday of each month, from 6-8 PM, via Zoom.

**Ask about our free Self Determination Program coaching services!*

5 Principles of SDP:

- **Freedom** to exercise the same rights as all citizens; to establish, with freely chosen supports, family and friends, where they want to live, with whom they want to live, how their time will be occupied, and who supports them.
- **Authority** to control a budget in order to purchase services and supports of their choosing;
- **Support**, including the ability to arrange resources and personnel, which will allow flexibility to live in the community of their choice;
- **Responsibility**, which included the opportunity to take responsibility for making decisions in their own lives and accept a valued role in their community, and
- **Confirmation**, in making decisions in their own lives by designing and operating the services that they rely on.

FOR MORE INFORMATION VISIT OUR [WEBSITE](#).