

Self Determination



The Self-Determination Program (SDP) is a voluntary program which 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 the services and supports they need to implement their individual person-centered plans.

WHO IS ELIGIBLE

Participants in the SDP must be a client of a regional center, must live at home or in the community but not in a long term care facility, participate in an approved orientation, and be willing to follow certain rules of the program.

PRINCIPLES OF SELF-DETERMINATION

- 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 includes 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 service that they rely on.

HOW TO GET STARTED

When will it become available:

- Regional Centers across California are completing the phase-in period of the program.
- During the phase-in period, DDS selected 2500 individuals to participate.
- Effective June 7, 2021, the Self-determination Program is available to everyone.

Where can you obtain the latest information:

- Contact your service coordinator to schedule an orientation. Translations services are available.
- HRC hosts orientations monthly and limited space is available.
- Sign up for email updates and newsletters from DDS by sending an email to sdp@dds.ca.gov and ask to be included on the update notification list
- Submit your questions to HRC by emailing selfdetermination@harborrc.org
- Sign up to receive the HRC E-newsletter by sending an email to enetworksubscriber@harborrc.org and include your name, client's name if different, email address, and note that you wish to be added to the Self-Determination Program information list
- HRC will continue to provide updates on our Self-Determination Program information page at <https://www.harborrc.org/self-determination>
- 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. Meeting link and information can be found at <https://www.harborrc.org/sdp-advisory-committee-0>