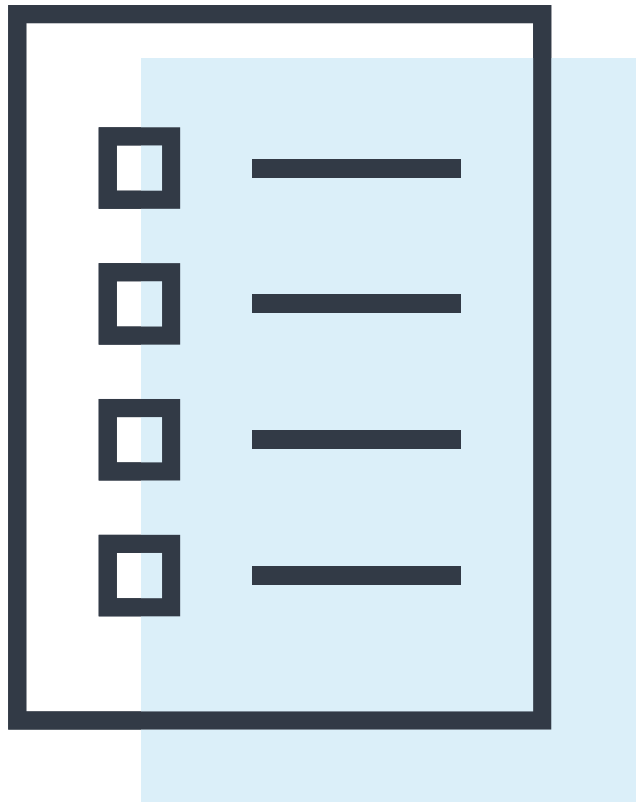


Self-Determination Program

October 2026





- California's Developmental Disability System
- Regional Center Service Delivery Models
- Self-Determination Program
- Resources



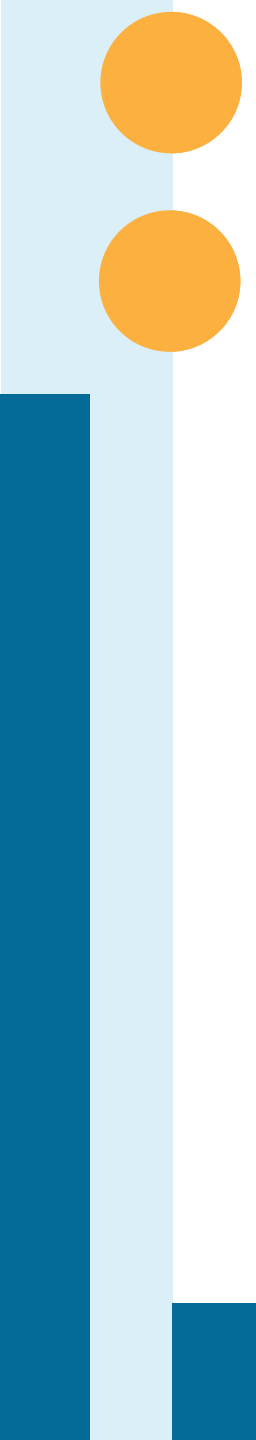
California's Developmental Disability System

California Department of Developmental Services



The Department of Developmental Services (Department) is the California state agency overseeing services for individuals with developmental disabilities.

There are 21 community-based non-profit regional centers who coordinate services across the state.

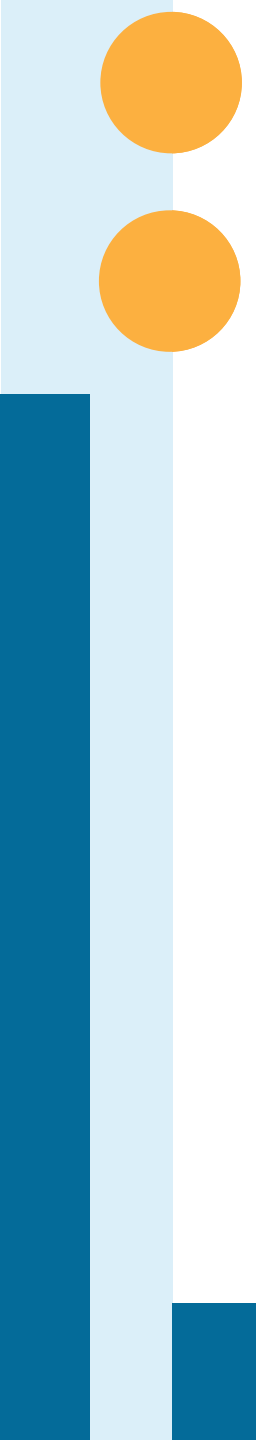


Lanterman Act

All regional center services are based on Lanterman Act values.

These include an individual:

- Making their own choices
- Leading an independent and productive life
- Being included in their community
- Receiving person-centered services that meet their needs
- Having services at all life stages align with their culture, language and lifestyle

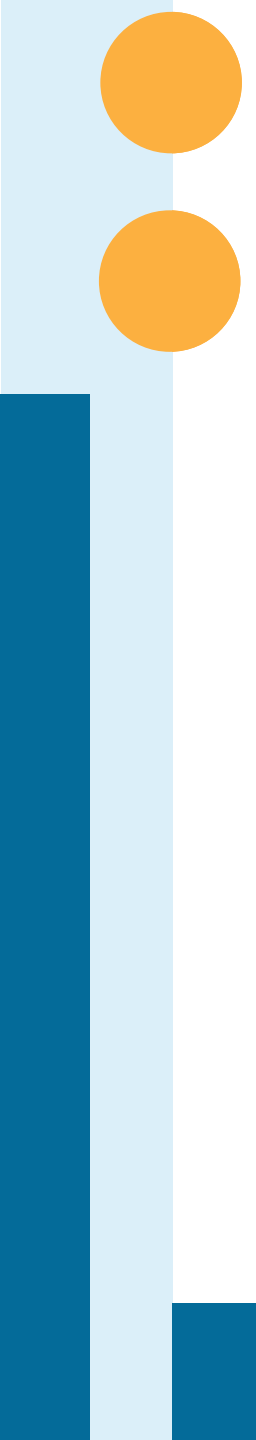


Regional Centers

Regional centers were created by the Lanterman Act.

Their role is to:

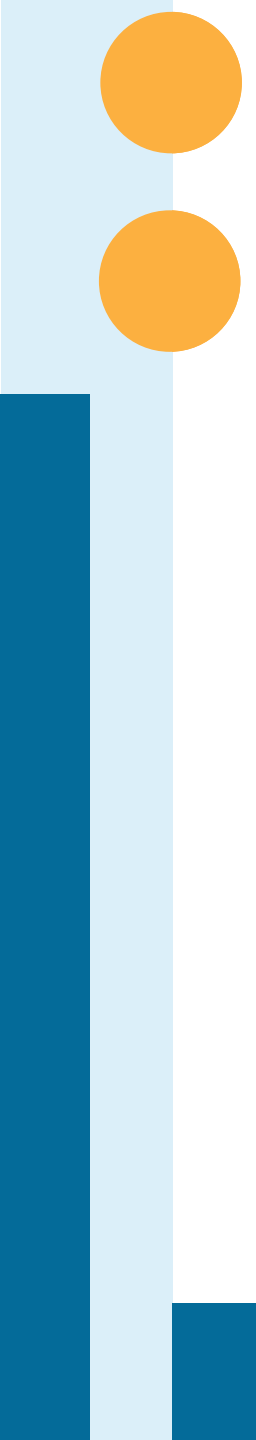
- Provide assessments
- Decide eligibility
- Provide service coordinator
- Develop the individual's Individual Program Plan (IPP)
- Identify and help coordinate generic services
- Pay for some services



Service Coordinator

Every individual who is eligible for regional center services is assigned a service coordinator.

A service coordinator is the main point person at the regional center. They can help get the services and supports the individual needs to reach their Individual Program Plan (IPP) goals.



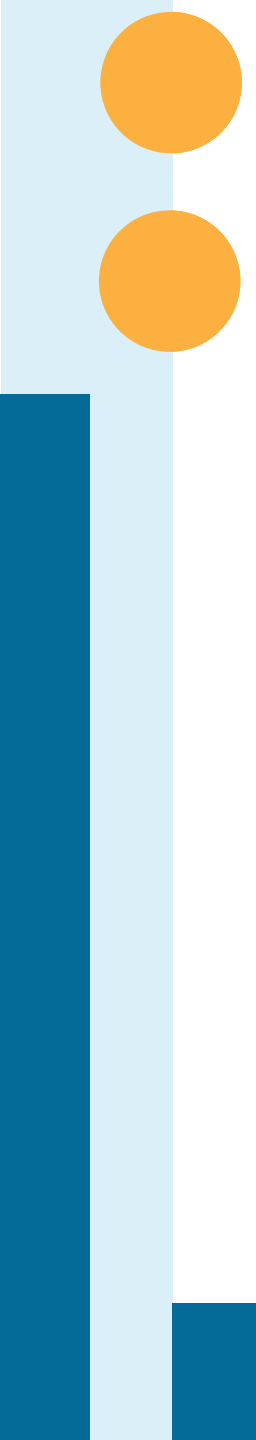
Individual Program Plan

A plan that talks about the help the individual needs to live the way they want.

Identifies goals, services, and supports so that the individual can be more independent and participate in the community.

A written agreement between the individual and their regional center.

It is written in a way it can be understood.



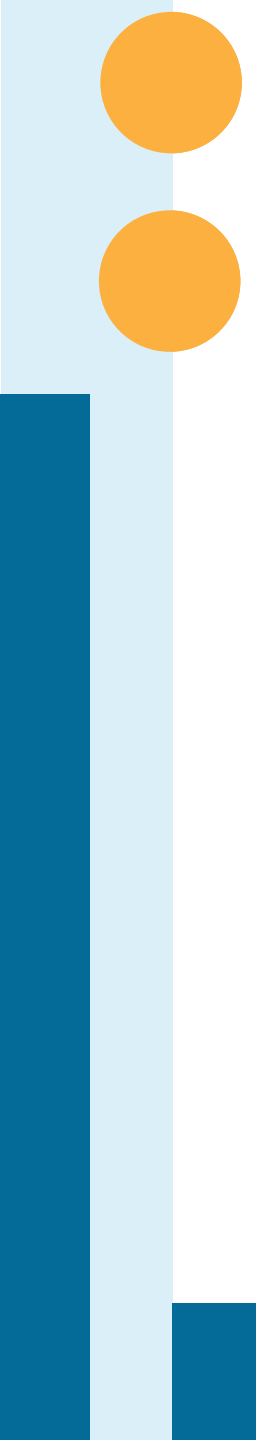
Individual Program Plan

The individual and their team develop the Individual Program Plan (IPP) to support the individual's needs related to their developmental disabilities.

The Individual Program Plan (IPP) includes:

- What is happening in the individual's life
- What is important to them and for them
- Their goals and the services and supports they need to help them meet them

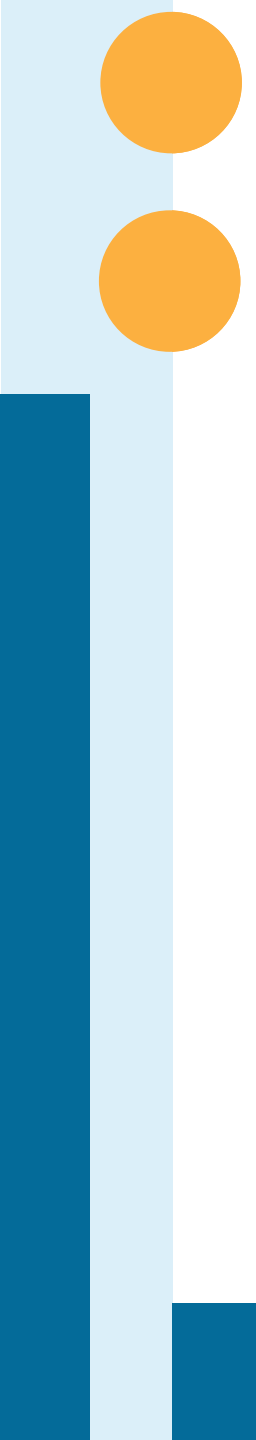
It is a written document created with the individual's Individual Program Plan (IPP) team.



Individual Program Plan

An individual's Individual Program Plan (IPP) is reviewed every 12 months, or sooner if something changes. An individual can request an Individual Program Plan (IPP) meeting at any time.

To schedule an Individual Program Plan (IPP) meeting, the individual contacts their service coordinator.



Services and Supports

There are different ways an individual can get services and supports to meet their Individual Program Plan goals.

They can receive help from:

1. Natural supports
2. Generic services
3. Regional Center services



Regional Center Service Delivery Models

Regional Center Service Delivery Models

An individual chooses which service delivery model is best for them.



Traditional
Services

Participant-
Directed
Services

Self-
Determination
Program

Regional Center Service Delivery Models



Traditional Services

The regional center services are provided by regional center vendors.

The regional center checks to be sure the vendor is qualified to provide the services.

The service coordinator works with the individual to find regional center vendors who can help meet their Individual Program Plan goals.

The regional center directly pays the regional center vendor(s).

Regional Center Service Delivery Models



Individual hires their own employees for services.

Individual chooses, schedules and supervises qualified employees for the services that they want to use.

Must use a Financial Management Service vendor to pay the employee(s).

The employee is paid the rate per service type determined by the Department.

Regional Center Service Delivery Models



Self-Determination Program

Individuals receive a certified individual budget.

Individuals make a spending plan that lists the services to meet their Individual Program Plan (IPP) goals.

Must use a Self-Determination Program financial management service vendor to pay for services.

Individuals find, schedule and supervise whoever provides their services.

Can use services from regional center vendors, their own employee(s), and/or community businesses.

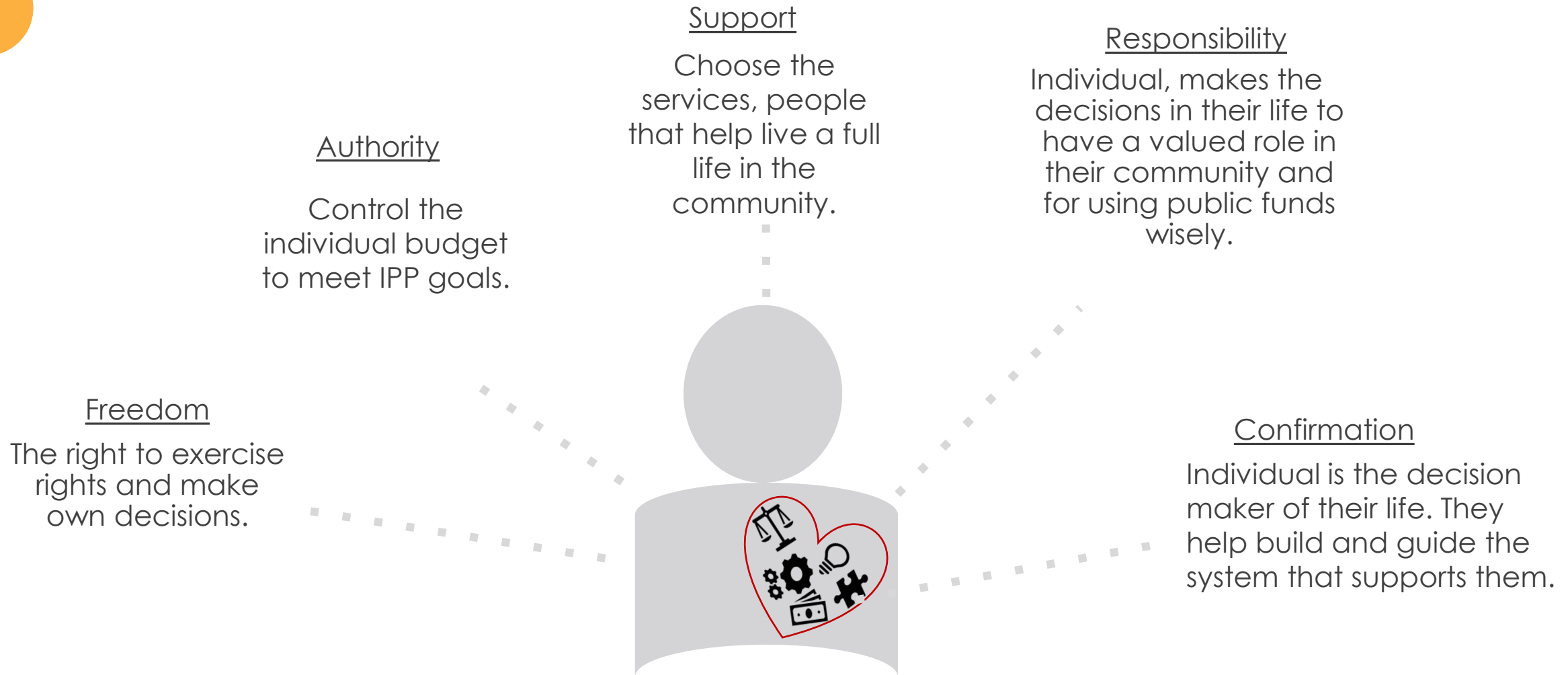
Comparison Chart of Regional Center Service Delivery Models

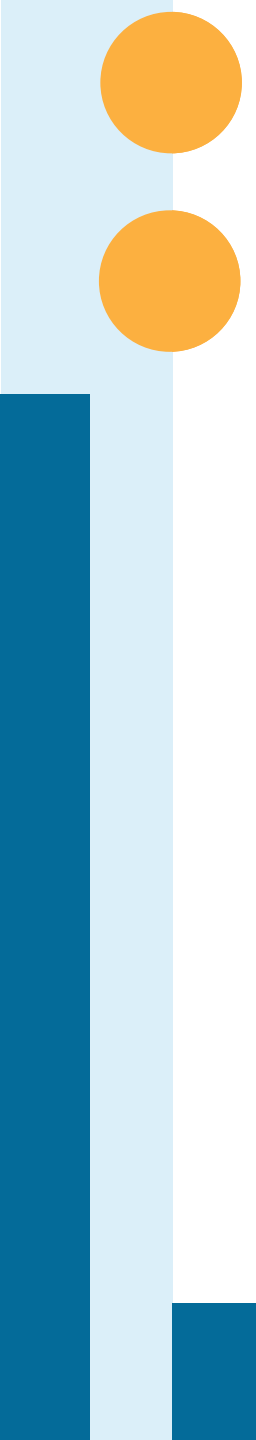
	Traditional Services	Participant-Directed Services	Self-Determination Program
IPP	X	X	X
Service coordinator support	X	X	X
Regional center vendors	X	X	X
Individuals select employee(s)		X	X
FMS vendor		X	X
SDP providers			X
Individual budget			X
Spending plan			X



Self-Determination Program

The 5 Principles of the Self-Determination Program

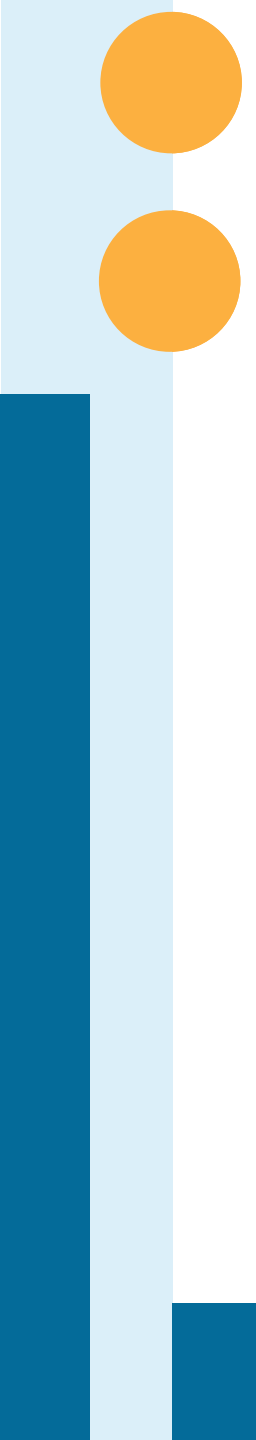




The Self-Determination Program Eligibility

An individual can participate in the Self-Determination Program if they:

- Have Lanterman Act eligibility at the regional center.
- Live at home or in a group home.
- Live in a long-term healthcare facility and want to move out.
- Agree to the roles and responsibilities in the Self-Determination Program.

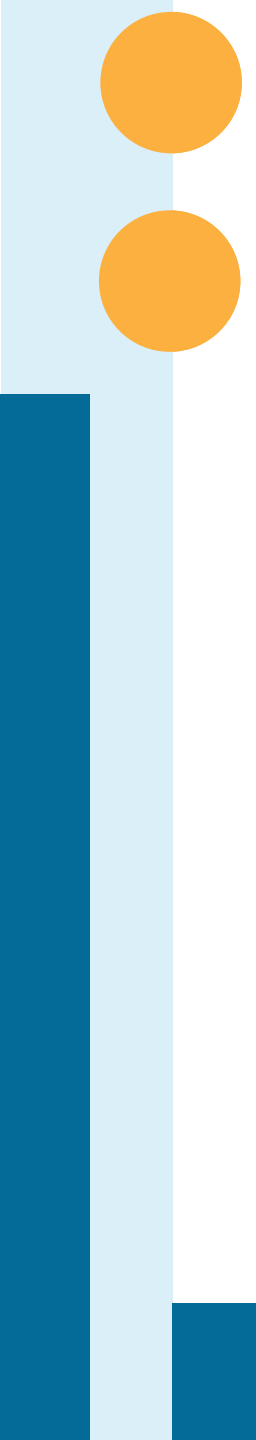


The Self-Determination Program

To be able to participate in the program an individual must:

- Attend a Department approved Self-Determination Program Orientation.
- Use available generic services first.
- Have an individual budget and spending plan certified by their regional center.
- Use services that are on their spending plan to meet their Individual Program Plan (IPP) goals.

Resources



Resources

Department of Developmental Services Self Determination Program Webpage

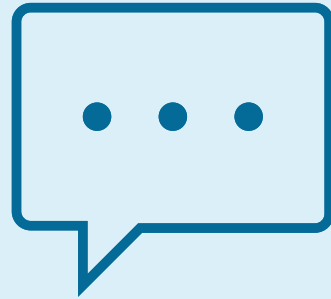
- <https://www.dds.ca.gov/initiatives/sdp/>

State Council on Developmental Disabilities Self-Determination Program Orientation

- <https://scdd.ca.gov/sdp-orientation/>



Q&A



THANK YOU