



## Inland Regional Center and the Self-Determination Program (SDP)

A brief summary:

For many self-advocates and family of consumers, the thought of the SDP is a thrilling prospect.

We/Inland Regional Center also are excited about the possibilities and opportunities the SDP will provide. In October of 2013, Governor Edmund G. Brown Jr., signed into law the SDP, which will provide consumers and their families more freedom, control, and responsibility in choosing services and supports to help them meet objectives in their Individual Program Plan.

This is a very brief summary of the SDP. The Department of Developmental Services (DDS) Self-Determination Program web page ([Click Here for DDS Self-Determination Program Home Page](#)) provides information and answers to the many questions you may have about the SDP.

When the Federal Waiver (prepared and submitted by DDS) is approved, Inland Regional Center will have 244 spaces for consumers to be part of this program for three (3) years. Each regional center was allocated spaces depending on the total amount of consumers served by that regional center.

### Who is eligible for the Self-Determination Program (SDP)?

You are eligible - if you meet the following eligibility requirements:

- Have an intellectual and/or a developmental disability and currently receive services from a regional center or have become a new consumer of a regional center;
- Agree to specific terms and conditions, which include but are not limited to, participation in an orientation to SDP, working with a Financial Management Services entity, and managing SDP services within an individual budget amount.

You are not eligible to participate in the SDP if you live in a licensed long-term health care facility (i.e., a Skilled Nursing Facility, Intermediate Care Facility). If you live in this type of facility and but are interested in the SDP, you may request that the regional center provide person-centered planning services in order to make arrangements for transition to the SDP, provided that you can reasonably be expected to transition to your community within 90 days.

[Click Here for DDS Self-Determination Program Home Page](#)

### How are the individuals chosen to participate in the Self-Determination Program (SDP)?

At this time we do not know exactly how the individuals will be chosen for each Regional Center. We do know it will be the same for all Regional Centers and DDS will inform us of how the individuals are to be selected. It could be a type of lottery, based on individual information like geographic location, diagnosis, ethnicity, etc.

**THIS IS VERY IMPORTANT:** If you are even a little bit interested in the SDP, and even before you have all your questions answered, please contact your CSC and ask that an addendum to them to prepare an addendum to your IPP and that it says you are "Interested in the Self-Determination Program." If you don't tell the Regional Center you are interested, your name will not show up on the list and you will not even have a chance to be chosen for the program. If your name is on the list, and IF your name is drawn and you decide not to move forward with the program, that is okay. Your name will be withdrawn without any negative consequences.



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**Budget**

The chosen consumers will be given a budget based on the last 12 months of their purchased services (not just authorized services, but services actually used).

NOTE: There are ways to adjust the budget when changes in life's circumstances require it. There are also ways to determine a budget even if you have not utilized any services in the past year.

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**Financial Manager**

From this budget you must hire a Financial Manager who is vendedored with the Regional Center. This is the person who will hold your money in trust until you need it to pay for services. The Financial Manager will pay for the services that are covered in your IPP if you have the money in the budget to pay for those services. This money is not considered income and will not affect your benefits.

The list of services that DDS requested in the Federal Waiver is very comprehensive. If approved, services formerly restricted, like camp, social recreation, and out of state conferences are allowed, as long as they are in your budget and your IPP! Services funded through other sources (e.g., Medi-Cal, school, IHSS) cannot be purchased with the SDP funds.

[Click Here for DDS Self-Determination Program Home Page](#)

Remember, there are more than 29,000 consumers with the Inland Regional Center in its catchment area, and they have only been given 244 spaces for the next three years, so if you are interested in the program, make sure your interest is in your IPP!

