

# How do I enroll in the Self-Determination Program?

The **Self-Determination Program (SDP)** empowers clients and their families with greater freedom, control, and responsibility to select services and supports that best align with their goals outlined in their **Individual Program Plan (IPP)**.



If you are interested in the Self-Determination Program and would like to learn more, we encourage you to attend the **SDP Orientation** through Inland Regional Center's online Learning Management System (LMS).

Sign up for an LMS account by visiting:

**[inlandrc.org/RegisterLMS](https://inlandrc.org/RegisterLMS)**

or by scanning the following QR Code:



If you need help signing up for an LMS account or registering for SDP Orientation, please contact your IRC Consumer Services Coordinator (CSC). Upon completion of your SDP orientation, you will receive an orientation certificate. **(See next page for more information)**

State Council on Developmental Disabilities also offers an SDP orientation at:

**[scdd.ca.gov/sdp-orientation](https://scdd.ca.gov/sdp-orientation)**

**INLAND REGIONAL CENTER**

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# First Steps:

- Complete the **Self-Determination Program Orientation**.
- Choose an Independent Facilitator (IF) who will create a **Person-Centered Plan (PCP)** and provide support during the transition to SDP services.  
\*IRC pays for the initial PCP and transition supports.
- Share your **Orientation Certificate** with your **Consumer Services Coordinator (CSC)** and **Independent Facilitator (IF)**.
- Ask your CSC for your **12-month Expenditure Report**.

## While you wait for your budget...

- Think about how you would want to hold your Person-Centered Plan. This meeting may look different from your traditional PCP/IPP meeting.
- Hold your Person-Centered Plan (PCP) meeting.
- Meet with your IRC CSC to Review your 12-month Expenditure Report, Person-Centered Plan and discuss any new goals and needs.

## Once your individual budget is certified

- Your IRC CSC will provide you with a copy of your **Individual Budget**.
- Select and interview a **Financial Management Services (FMS)** agency.
- Contact the Independent Facilitator (IF) or IRC to create a **Spending Plan**.

Once you have a Spending Plan in place, you are on the way to accessing your Self-Determination Program (SDP) services — Way to go! \*additional details.

For additional information regarding the Self-Determination Program, be sure to visit: [inlandrc.org/sdp](https://inlandrc.org/sdp)

or visit the CA Department of Developmental Services (DDS) SDP page at: [www.dds.ca.gov/sdp](https://www.dds.ca.gov/sdp)



Questions? Please email [selfdetermination@inlandrc.org](mailto:selfdetermination@inlandrc.org).

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