



SELF-DETERMINATION PROGRAM:

A New Way to Receive Services

Getting Started

Thank you for your interest in the Self-Determination Program (SDP). As of July 1, 2021, SDP is available to people eligible for Regional Center Lanterman services (with the exception of those living in licensed settings- skilled nursing and intermediate care facilities- unless they are preparing to move from that setting). You can use this list to guide you into SDP. Please keep in mind that this process may vary depending on your individual circumstance.

Steps to Self-Determination:

- ☐ STEP 1: Complete SDP Orientation online. *Notify your SC once you have completed.*
- ☐ STEP 2: Prepare for your Person Centered Plan (PCP) meeting; this meeting may look different from your traditional IPP meeting. You can ask RCOC to pay an Independent Facilitator (IF) to complete your PCP and get you started in SDP – this money will not come from your individual budget. Services from an IF is optional. You may invite your RCOC Service Coordinator (SC) to assist with this process. During this process, you may identify unmet needs in traditional services.
- ☐ STEP 3: Hold your PCP meeting. Inform your SC of any unmet needs in traditional services for further discussion. The traditional service request process will be used.
- ☐ STEP 4: Request for a *Certified Individual Budget* from your SC . This is based on traditional services and can be adjusted as needs, circumstances or resources change.
- ☐ STEP 5: While you are waiting for your budget, you can interview and select a Financial Management Service agency.
- ☐ STEP 6: Your SC provides you with your *Certified Individual Budget*, along with the *Receipt and Acknowledgement Form* and the *SDP Spending Plan Worksheet template*.
- ☐ STEP 7: Complete the *SDP Spending Plan Worksheet* with the assistance of your selected IF and FMS agency. Sign the *Individual Budget* and the *Receipt and Acknowledgement Form*.
- ☐ STEP 8: Once the *SDP Spending Plan Worksheet* is completed and reviewed by RCOC and your FMS, your SC will create a contract with the FMS agency you selected. Any contracts with vendors in the traditional service model will end prior to the start of your contract with the FMS agency.
- ☐ STEP 9: Start accessing your SDP services!

For additional information regarding SDP, visit the Department of Developmental Services' (DDS) website at www.dds.ca.gov/SDP/ or RCOC's website at www.rcocdd.com . You can also refer to the training materials you received at the Orientation training. If you have questions or need further assistance, please contact your SC.



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A voluntary alternative program to provide individuals served by RCOC with an individual budget, in order to purchase services and support needed to carry out and achieve the Individual Program Plan (IPP) goals.

**START TALKING
ABOUT SDP WITH
YOUR IPP TEAM TODAY**

**COMPLETE THE SDP ORIENTATION
AS THE FIRST STEP TO ENTER
THE SELF-DETERMINATION
PROGRAM**

Sign-Up Here:
rcocparent.arcalearn.org/

▶ Purchase services from traditional RCOC providers or local businesses

5 GUIDING PRINCIPLES:

MORE RESOURCES:



*Your assigned Service
Coordinator*



www.rcocdd.com



SelfDetermination@rcocdd.com



www.dds.ca.gov/initiatives/sdp/



FREEDOM

The right to plan your own life and make your own decisions.



AUTHORITY

Have control over a budget for services.



SUPPORT

Choose supports and people that help you live, work, and play.



RESPONSIBILITY

Make decisions in your life and have a valued role in your community.



CONFIRMATION

You are the decision maker of your life.



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Frequently Asked Questions

I am interested in Self-Determination, where should I start?

The best place to start is by completing an online self-paced SDP Orientation. There are 2 different Orientations available, you just have to complete one:

1. RCOC Online SDP Orientation
<https://rcocparent.arcalearn.org/>
2. State Council of Developmental Disabilities live Zoom Orientation
<https://scdd.ca.gov/sdp-orientation/>

If I need additional help to get into Self-Determination, who can help me?

You can choose to work with an Independent Facilitator (IF) if you wish. While the Regional Center is unable to refer to a specific Independent Facilitator, RCOC is able to provide the resource to The SDP Network:

<https://www.thecasdpnetwork.org/>

How can I find a Financial Management Service (FMS) Provider?

The most up-to-date list of available FMS providers to RCOC is located at:
<https://tinyurl.com/rcocsdpfms>

How does the individual budget amount get determined? Can my budget be adjusted?

The individual budget is determined by the Individual Program Planning (IPP) team and is based upon the amount of funds used in the most recent 12-months. This amount can be adjusted, up or down, based on changes in needs, circumstances, or resources. Additionally, the IPP team may adjust the budget to support any prior needs or resources that were not addressed in the IPP.

For a more comprehensive F.A.Q., please visit:

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

For additional information regarding SDP, visit the Department of Developmental Services' (DDS) website at www.dds.ca.gov/SDP/ or RCOC's website at www.rcocdd.com. You can also refer to the training materials you received at the Orientation training. If you have questions or need further assistance, please contact your SC.

The California Self-Determination Program Network

www.thecasdpnetwork.org



A website that connects individuals and self-advocates to Independent Facilitators and service providers.

**Sign up so individuals and families can find you
&
GET CONNECTED!**

**Independent Facilitators
FREE listing – Click [HERE](#) to sign-up**

**Service Providers
FREE listing – Click [HERE](#) to sign-up**

The SDP Network was made possible by these partners.



FINANCIAL MANAGEMENT SERVICE (FMS) PROVIDERS FOR SELF DETERMINATION Updated 10/4/23

Please select a Financial Management Service (FMS) agency and notify your Service Coordinator accordingly.

FMS Name Vendor Number/Service Code Phone Number	FMS Service Description
Aveanna Support Services (Formerly Premier Healthcare Services) HS1188/315 (714) 468-1020 or fmsinfo@aveanna.com	Fiscal Agent - FMS as Bill Payer (Business as Employer of Record)
Aveanna Support Services (Formerly Premier Healthcare Services) HS1189/316 (714) 468-1020 or fmsinfo@aveanna.com	FMS Co-Employer – Participant & FMS as Co-Employers (FMS as Employer of Record)
Cambrian FMS PH2373/315 (562)498-1800 or Davide@cfms1.com	Fiscal Agent - FMS as Bill Payer (Business as Employer of Record)
Cambrian FMS PH2374/316 (562)498-1800 or Davide@cfms1.com	FMS Co-Employer – Participant & FMS as Co-Employers (FMS as Employer of Record)
Cambrian FMS PH2378/317 (562)498-1800 or Davide@cfms1.com	FMS Fiscal/Employer Agent – Participant as Sole Employer (Parent/Participant as Employer of Record)
GT Independence PW7949/315 877-659-4500	Fiscal Agent - FMS as Bill Payer (Business as Employer of Record)
GT Independence PW8151/316 877-659-4500	FMS Co-Employer – Participant & FMS as Co-Employers (FMS as Employer of Record)
GT Independence PW7948/317 877-659-4500	FMS Fiscal/Employer Agent – Participant as Sole Employer (Parent/Participant as Employer of Record)
Mains'L California, LLC PF3917/315 866-767-4296	Fiscal Agent - FMS as Bill Payer (Business as Employer of Record)
Mains'L California, LLC PF3917/317 866-767-4296	FMS Fiscal/Employer Agent – Participant as Sole Employer (Parent/Participant as Employer of Record)
Ritz FMS Inc. PP0481/315 833-748-9888	Fiscal Agent - FMS as Bill Payer (Business as Employer of Record)
Ritz FMS Inc. PP0481/316 833-748-9888	FMS Co-Employer – Participant & FMS as Co-Employers (FMS as Employer of Record)
SequoiaSD, Inc. PM4667/315 949-301-9950 or Info@sequoiasd.com	Fiscal Agent - FMS as Bill Payer (Business as Employer of Record)



FINANCIAL MANAGEMENT SERVICE (FMS) PROVIDERS FOR SELF DETERMINATION

Updated 10/4/23

SequoiaSD, Inc. PM4668/316 949-301-9950 or Info@sequoiasd.com	FMS Co-Employer – Participant & FMS as Co-Employers (FMS as Employer of Record)
SequoiaSD, Inc. PM4669/317 949-301-9950 or Info@sequoiasd.com	FMS Fiscal/Employer Agent – Participant as Sole Employer (Parent/Participant as Employer of Record)

****FMS as Bill Payer: (also known as the Fiscal Agent model)**

A participant may choose this model of FMS provider when goods or services are purchased from a business. The FMS providing services in this capacity writes checks and pays for goods and services listed in the IPP. No employer/employee relationship exists between the FMS, the service provider, or the participant. The business is responsible to provide the items or workers and the FMS provider writes the check for the goods or services provided. The business maintains the employer/employee relationship with any workers and therefore is responsible for all applicable employment laws and taxes and to obtain appropriate insurances (i.e., worker's compensation).

Participant and FMS as Co-Employer:

A participant may choose this model if they want to share some of the employer roles and responsibilities with an FMS. While the FMS provider in this model is the employer of record, the participant maintains the ability to hire and terminate employees with input from the FMS provider. The FMS provider maintains the primary employer liability and required insurances. The FMS also assists by verifying provider qualifications and processing payroll.

Participant as Sole Employer: (also known as the Fiscal/Employer Agent)

A participant may choose this model if they want to be the direct employer of those providing services. The FMS providing services in this model assists the participant to abide by all applicable employment laws, verifies provider qualifications and processes payroll. **The participant is required to obtain any necessary insurances related to employment (e.g., worker's compensation).**

**Self-Determination Program
Financial Management Service (FMS) Monthly Rates
Effective May 1, 2023**

Rates for Participants Whose Preferred Language is English

	Total Number of Employees/Providers in Spending Plan*		
FMS Model	0-4	5-10	11+
Bill Payer	\$230	\$450	\$690
Co-Employer	\$380	\$600	\$840
Sole Employer	\$380	\$600	\$840

Rates for Participants Whose Preferred Language is Not English

	Total Number of Employee/Providers in Spending Plan*		
FMS Model	0-4	5-10	11+
Bill Payer	\$255	\$495	\$760
Co-Employer	\$420	\$660	\$925
Sole Employer	\$420	\$660	\$925

** Total number of employees/providers/recurring payments and does not include number of single purchases of goods listed on spending plan. See Frequently Asked Questions on the Department of Developmental Services' SDP website (www.dds.ca.gov/sdp) for additional information.*