



Dear _____

Thank you for attending the Self-Determination Program (SDP) Orientation training this year. Your attendance of the Orientation was the first step towards Self-Determination. During this training, you learned about the program and the roles and responsibilities within SDP. This letter serves as a follow-up on the next steps you will need to take to continue on your SDP journey. You can use this list to guide you through SDP. Please keep in mind that this process may vary depending on your individual circumstance and adjustments that RCOC may make as the program changes.

Steps towards Self-Determination (a check mark indicates you have already completed the step):

- Attend a regional center hosted Orientation training
- Request your budget from your RCOC Service Coordinator (SC) (*Please allow two weeks for your SC to get back to you*).

While waiting for your budget, you can:

- Think about how you would want to hold your Person Centered Plan (PCP). This meeting may look different from your traditional PCP meeting.
 - You can ask RCOC to pay a professional to complete your PCP to get you started in SDP – this money will not come from your individual budget (using a professional is optional).
 - Interview and select a FMS agency.
 - Decide if you want to work with an Independent Facilitator (IF), which will be paid for from your budget (the IF is optional).
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- Hold your Person Centered Plan (PCP)
 - Your SC provides you with your budget along with a packet of information
 - Complete the *Self-Determination Spending Plan Worksheet* provided to you by your SC.
 - Once the *Self-Determination Spending Plan Worksheet* is certified, your SC will create a contract with the FMS agency. You may now start accessing your SDP services.

We thank you for your willingness to be part of this initial group of participants for SDP. 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 do not hesitate to call me.

Sincerely,
Service Coordinator

Enclosure: *Financial Management Service (FMS) Providers for Self Determination* Flyer
Self-Determination Program What Should I Do Next Handout

Self-Determination Program

WHAT SHOULD I DO NEXT?

