For people 3 and older with California regional center services, and their families

Your life. Your plan. Your choice.

There are three ways to get your regional center services. You choose.

Your regional center arranges it. Less for you to manage.

You direct it. More choice and control, and more of the work.

Traditional services

Your regional center arranges your services with providers it works with.

Participant-directed services

Inside traditional services, you hire your own worker for certain services, such as respite, at a set rate.

Self-Determination Program (SDP)

You get an individual budget, based on the services already approved for you. You decide how it is spent and who provides your services.

In all three, you stay with your regional center and still have a service coordinator.

1. **Picture your best life.**
2. **Get ready with DAN. DAN, the Disability Access Navigator · app.sdta-np.com ·** Day or night, in English or Spanish. Free to people and their unpaid supports. No login.
3. **Ask for your meeting.**

choices.sdta-np.com

Self-Determination Institute and Self-Determination Tech Alliance, two nonprofits

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Next steps for each choice

You can ask for an IPP (Individual Program Plan) meeting at any time. The regional center must hold it within 30 days after you ask. Ask in writing so there is a record.

Traditional services

At your planning meeting, say what you want your services to do for you. You can ask for a provider you prefer.

Good to know: Less for you to manage. Most people get services this way.

Participant-directed services

Ask your service coordinator which of your services you can direct, and how the financial management service works.

Good to know: You are the employer, or share that role with the financial management service. There is no individual budget.

Self-Determination Program (SDP)

- Go to a free orientation from the State Council on Developmental Disabilities: **scdd.ca.gov/sdp-orientation**
- The steps to enroll, from the Self-Determination Institute: **completeguidetosdp.org**
- Choose a financial management service and, if you want, an independent facilitator: **acierto-fms.sdta-np.com** and **acierto-if.sdta-np.com**

Good to know: More of the work is yours, like a spending plan tied to your goals. A financial management service pays your providers. The regional center pays for short-term help to plan and move into SDP. After that, your budget can pay an independent facilitator.

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