



# Self-Determination

Self-Determination is a statewide program that is intended to give participants more flexibility, choices, and control over decisions regarding their regional center funded services.

## Main Ideas of Self-Determination

- Your life, Your Choices
- Person-Centered Planning
- Facilitator + Team
- Financial Manager (Required)
- Annual Budget
- Participant directed services

## Self-Determination Principles:

- **Freedom** to choose your living arrangement, activities, and supports.
- **Authority** to control a budget, used for the purchase of services, of your choosing.
- **Support**, for living arrangements and contributing to your community.
- **Responsibility**, assuming the responsibility of making choices for yourselves.
- **Confirmation**, of your role as a decision maker and designer of the service system.

## What to do Now

- Learn all you can about Self-Determination
- Attend Self-Determination Local Advisory Committee Meetings
- Put your name on the Interest List
- Sign up for updates – [www.dds.ca.gov/sdp/](http://www.dds.ca.gov/sdp/)

## For more information:

**Email:** [selfdetermination@nlarc.org](mailto:selfdetermination@nlarc.org)

**Website:** <https://www.nlarc.org/consumers-families/self-determination-program>