

# Navigating the Self-Determination Program

## CHECKLIST

### 1 Orientation

- ☐ Attend an orientation session for the Self-Determination Program (SDP).

### 2 Person-Centered Plan

- ☐ Choose who will facilitate and write your person-centered plan (PCP).
- ☐ Have pre-planning meeting(s) to prepare for your person-centered plan.
- ☐ Hold your person-centered planning meeting ("party with a purpose").
- ☐ Review and finalize your person-centered plan document.

### 3 Individual Budget

- ☐ Meet with your service coordinator to share your PCP and discuss your goals and support needs. Review your expenditure report.
- ☐ Meet with your service coordinator to review your individual budget. If appropriate, ask for changes to the budget to better meet your needs.
- ☐ When everyone is in agreement, the budget is "certified" by regional center.

### 4 FMS & Spending Plan

- ☐ Interview different FMS providers to determine which one you want to hire.
- ☐ Select your FMS, notify regional center, and complete intake paperwork.
- ☐ Create your spending plan with the help of your FMS, service coordinator, and/or independent facilitator.
- ☐ Submit your spending plan to your service coordinator.

### 5 IPP & Transition into SDP

- ☐ Meet with your service coordinator to finalize your new IPP.
- ☐ Determine your SDP start date with your regional center and FMS.
- ☐ Notify current service providers of your upcoming transition into SDP.
- ☐ Hire your workers and onboard service providers with your FMS.
- ☐ Officially begin in the Self-Determination Program on your start date.

### 6 Live Your Self-Determined Life

- ☐ Manage your services and supports to ensure they meet your needs.
- ☐ Communicate with your independent facilitator, FMS, and/or service coordinator if your needs are not being met or if they change.
- ☐ Make changes to your spending plan as needed.
- ☐ Review your spending report from your FMS each month to stay on track.