

# WHAT IS Self Determination?

The Self-Determination Program (SDP) is a way for people served by Regional Centers to have more choice and control over the services and supports they receive.

Instead of using only traditional service providers, SDP participants are given an individualized budget to design their own support plan based on their goals, interests, and needs.

**SDP is about freedom, flexibility, and creating a life that reflects what you want—not just what's available.**



## **Freedom (to plan your own life)**

You have the right to plan a good life—deciding where you live, who you spend time with, and how you spend your day.



## **Authority (over your personal resources)**

You have the power to make decisions about how your individual budget is used. You can hire, train, and manage your own support staff.



## **Support (for building a life in the community)**

You choose the people and resources that help you live the life you want. Your circle of support can include family, friends, community members, and professionals.



## **Responsibility (in making your own decisions)**

You are accountable for your budget and the way money is spent. You are a responsible leader in your own life.



## **Confirmation (of the important role you play)**

Your voice is central in planning and decision-making. You and your family get to choose the services and supports that will help you accomplish the goals in your IPP.