Navigating the Self-Determination Program CHECKLIST
Video Companion Handout

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.

SAN GABRIEL/POMONA REGIONAL CENTER

GUIDELIGHT GROUP