

# Checklist for Parents/Participants

## TRANSITIONING TO THE SELF-DETERMINATION PROGRAM

- Check your Regional Center's Self-Determination page and complete the required Orientation.
- If you're interested in transitioning into the SDP, let your Service Coordinator know that you completed the Orientation.
- Request a 12-month Expenditure Report from your Service Coordinator. This will be the basis of your budget.
- Select an Independent Facilitator (if desired) to help with the Person-Centered Plan. Click [HERE](#) to search for an Independent Facilitator on the CA Self-Determination Network.
- Complete a written Person-Centered Plan and submit to your Service Coordinator.
- Schedule a PCP Review/Budget meeting with your Regional Center's SDP team.
- The Regional Center should provide you with a Budget Tool. Click [HERE](#) to download the Budget Tool on the CA DDS Website.
- Once a Budget is agreed upon, it gets certified.
- Select an FMS and decide which model you want. Click [HERE](#) for some helpful information about FMSs.
- Develop a Spending Plan that shows what services will be purchased. Click [HERE](#) to see SDP Service Code Definitions.
- Submit the completed Spending Plan to the Regional Center and once agreed upon, schedule an IPP. Generally, for a start date of the first of the month, all documents need to be submitted and all staff need to be hired by the 15th of the prior month.
- Start living your Self-Determined life!