A referral kit for anyone who serves a Californian with a developmental disability

Your life. Your plan. Your choice.

There are three ways to get regional center services. Most people have only heard of one.

2:00

You see them.
You have two minutes.
That is enough.

Your regional center arranges it. Less for you to manage.

You direct it. More choice and control, and more of the work.



Traditional services

Your regional center arranges your services with providers it works with.

Participant-directed services

Inside traditional services, you hire your own worker for certain services, such as respite, at a set rate.

Self-Determination Program (SDP)

You get an individual budget, based on the services already approved for you. You decide how it is spent and who provides your services.

In all three, you stay with your regional center and still have a service coordinator.

When to ask

Say it to the person in front of you, and to the people they choose to have with them:

1. **"Do you already have regional center services?"**
2. **"Are the needs related to your disability being met?"**
3. **"Do you know there are three ways to get your services, and that you get to choose?"**

If you are not sure, that uncertainty is itself a reason to mention DAN, the Disability Access Navigator, a program that helps people understand and navigate regional center services.

choices.sdta-np.com

Self-Determination Institute and Self-Determination Tech Alliance, two nonprofits

Say this out loud **A minute or less, in the room, before they leave.**

"One question worth asking: do you know that, from age three, there are three ways to get your regional center services? Traditional services, where the regional center arranges your services with providers it works with. Participant-directed services, where you hire your own worker for certain services, such as respite, at a set rate. And the Self-Determination Program, where you get an individual budget and choose your services and who provides them. Most people have only heard of one, and you get to choose. Before your next planning meeting, look at all three at choices dot sdta dash np dot com. It links to DAN, which is free for you and the people who help you without pay, and helps you decide and write the request."

Two points worth raising by name

Age 3 · Early Start ends

Moving into ongoing regional center services is not a transfer, it is a fresh qualification under different rules, on an IPP. Worth telling any family at this point: ask the regional center directly about provisional eligibility.

Ages 18 to 22 · School services end

Regional center services continue; there is no break at eighteen. Worth telling the person and the people they choose at this point: plan for new or different services as part of the annual plan, and update the IPP six to twelve months before the school exit date.

One date worth carrying: a regional center notice has a 60-day appeal window, and letting it pass ends the right to appeal that decision. If the notice reduces or ends something the person already receives, filing within 30 days also keeps it running while the appeal is decided.

Hand them the door.

No referral form · No login · Nothing to sign up for

The three choices
choices.sdta-np.com

DAN, Disability Access Navigator
app.sdta-np.com
Free to people and their unpaid supports · English & Spanish · Any hour

Sources, more scripts and email drafts: providers.sdta-np.com
Print more flyers from choices.sdta-np.com/crew
Self-Determination Institute and Self-Determination Tech Alliance, two nonprofits

For people 3 and older with California regional center services, and their families



Your life. Your plan. Your choice.

There are three ways to get your regional center services. You choose.

Your regional center arranges it. Less for you to manage.

You direct it. More choice and control, and more of the work.

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In all three, you stay with your regional center and still have a service coordinator.

1. **Picture your best life.**
2. **Get ready with DAN. DAN, the Disability Access Navigator · app.sdta-np.com ·** Day or night, in English or Spanish. Free to people and their unpaid supports. No login.
3. **Ask for your meeting.**

choices.sdta-np.com

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For people 3 and older with California regional center services, and their families

Next steps for each choice

You can ask for an IPP (Individual Program Plan) meeting at any time. The regional center must hold it within 30 days after you ask. Ask in writing so there is a record.



Traditional services

At your planning meeting, say what you want your services to do for you. You can ask for a provider you prefer.

Good to know: Less for you to manage. Most people get services this way.

Participant-directed services

Ask your service coordinator which of your services you can direct, and how the financial management service works.

Good to know: You are the employer, or share that role with the financial management service. There is no individual budget.

Self-Determination Program (SDP)

- Go to a free orientation from the State Council on Developmental Disabilities: **scdd.ca.gov/sdp-orientation**
- The steps to enroll, from the Self-Determination Institute: **completeguidetosdp.org**
- Choose a financial management service and, if you want, an independent facilitator: **acierto-fms.sdta-np.com** and **acierto-if.sdta-np.com**

Good to know: More of the work is yours, like a spending plan tied to your goals. A financial management service pays your providers. The regional center pays for short-term help to plan and move into SDP. After that, your budget can pay an independent facilitator.

choices.sdta-np.com

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Para personas de 3 años o más con servicios de un Centro Regional de California, y sus familias



Tu vida. Tu plan. Tu decisión.

Hay tres maneras de recibir tus servicios del Centro Regional. Tú eliges.

Tu Centro Regional los organiza. Te toca menos trabajo.

Tú los diriges. Decides más y tienes más control, y te toca más trabajo.

Servicios tradicionales

Tu Centro Regional organiza tus servicios con los proveedores con los que trabaja.

Servicios dirigidos por el participante

Dentro de los servicios tradicionales, tú contratas a tu propio trabajador(a) para ciertos servicios, como el respiro, a una tarifa ya establecida.

Programa de Autodeterminación (SDP)

Recibes un presupuesto individual, basado en los servicios que ya te aprobaron. Tú decides cómo se gasta y quién te da los servicios.

En las tres, sigues con tu Centro Regional y con un(a) coordinador(a) de servicios.

1. **Imagina tu mejor vida.**
2. **Prepárate con DAN. DAN, el Navegador de Acceso para Personas con Discapacidad · app.sdta-np.com** · De día o de noche, en inglés o en español. Gratis para la persona y quienes le ayudan sin cobrar. Sin cuenta.
3. **Pide tu reunión.**

choices.sdta-np.com

Self-Determination Institute y Self-Determination Tech Alliance, sin fines de lucro

Para personas de 3 años o más con servicios de un Centro Regional de California, y sus familias

Próximos pasos para cada opción

Puedes pedir una reunión del IPP (Plan de Programa Individual) cuando quieras. El Centro Regional debe hacerla dentro de los 30 días después de que la pidas. Pídela por escrito para que quede constancia.



Servicios tradicionales

En tu reunión de planificación, di lo que quieres que tus servicios hagan por ti. Puedes pedir el proveedor que prefieras.

Ten en cuenta: Te toca menos trabajo. La mayoría de las personas recibe sus servicios así.

Servicios dirigidos por el participante

Pregúntale a tu coordinador(a) de servicios cuáles de tus servicios puedes dirigir tú y cómo funciona el servicio de administración financiera.

Ten en cuenta: Tú eres el empleador, o compartes ese papel con el servicio de administración financiera. No hay presupuesto individual.

Programa de Autodeterminación (SDP)

- Ve a una orientación gratuita del Consejo Estatal de Discapacidades del Desarrollo de California, también en español: **scdd.ca.gov/sdp-orientation**
- Los pasos para inscribirte, del Self-Determination Institute (en inglés): **completeguidetosdp.org**
- Escoge un servicio de administración financiera y, si quieres, un(a) facilitador(a) independiente: **acierto-fms.sdta-np.com** y **acierto-if.sdta-np.com**

Ten en cuenta: Te toca más trabajo, como un plan de gastos ligado a tus metas. Un servicio de administración financiera paga a tus proveedores. El Centro Regional paga ayuda a corto plazo para planificar y entrar al SDP. Después, tu presupuesto puede pagarle a un(a) facilitador(a) independiente.

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DAN

Disability Access Navigator
Navegador de Acceso para Personas con Discapacidad

Waiting on Regional Center?
Got a denial? IPP coming up?

¿Esperando al Centro Regional?
¿Una denegación? ¿Reunión del IPP?

Help understanding your rights, preparing for your IPP meeting, and writing to your service coordinator. Free for you and the people who help you without pay. English and Spanish. No login. Nothing personal about you is stored. Open any hour.

Ayuda para entender sus derechos, prepararse para su reunión del IPP y escribirle a su coordinador de servicios. Gratis para usted y para quienes le ayudan sin cobrar. En inglés y español. Sin inicio de sesión. No se guarda nada personal sobre usted. A cualquier hora.

app.sdta-np.com

Scan or type it in · Escanee o escríbalo
English · Español

DAN does not give medical or legal advice and does not replace your service coordinator. A program of Self-Determination Tech Alliance, a California 501(c)(3) nonprofit · sdta-np.com

DAN no da consejos médicos ni legales y no reemplaza a su coordinador de servicios. Un programa de Self-Determination Tech Alliance, una organización sin fines de lucro 501(c)(3) de California · sdta-np.com

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