CHECKLIST

Getting started in SDP

The main steps to join California's Self-Determination Program.

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☐ 1 **Tell your service coordinator you want SDP**
Ask your regional center service coordinator to start. In Orange County, the RCOC SDP team can help: (714) 796-3760 or selfdetermination@rcocdd.com.
Done on _____

☐ 2 **Take the SDP orientation, Parts A and B**
Two free, live 2-hour Zoom sessions from the State Council on Developmental Disabilities. They run every month in English and Spanish, and in other languages on request. scdd.ca.gov/sdp-orientation/
Done on _____

☐ 3 **Give both certificates to your service coordinator**
A certificate is emailed about two weeks after each part. Your service coordinator then shares your IPP, transition supports and the budget steps.
Done on _____

☐ 4 **Make your person-centered plan**
Your dreams, what's important to you and the support you want. Your regional center can pay for help with your first plan.
Done on _____

☐ 5 **Learn your individual budget**
Your regional center certifies a yearly budget, usually based on the services you used in the last 12 months plus needs your IPP team agrees on.
Done on _____

☐ 6 **Choose a Financial Management Service (FMS)**
The FMS pays your providers from your budget. Compare the Bill Payer, Co-Employer and Sole Employer models. Your regional center pays the FMS fee, not your budget. www.dds.ca.gov/initiatives/sdp/financial-management-service-contact-list/
Done on _____

☐ 7 **Decide if you want an Independent Facilitator**
This is optional. An Independent Facilitator helps you plan and find services, and is paid from your budget (code 340).
Done on _____

☐ 8 **Write your spending plan**
List each service, how often, its SDP code and its cost. Every item needs to connect to a goal in your IPP.

Done on _____

☐ 9 **Hold your IPP meeting**
Your team agrees on your goals. Then the regional center certifies your budget and spending plan.

Done on _____

☐ 10 **Start your services**
Your FMS sets up your providers and your services begin. You can change your spending plan during the year with approval.

Done on _____

Notes, names and phone numbers

Amelio Services · amelioservices.com · admin@amelioservices.com · SDP details checked October 2026. Rules can change, so check with your regional center.