

SELF DETERMINATION GIVES YOU CHOICES

Do you want more control and flexibility? Access to social/recreational services? The Self Determination Program (SDP) may be right for you!

In Self Determination, YOU choose who provides your services and how much you will pay for them.

Self Determination gives you the choice and freedom to purchase services that help you meet your long and short term goals.

FRANK D. LANTERMAN REGIONAL CENTER'S SELF DETERMINATION PROGRAM

AN ALTERNATIVE TO THE
TRADITIONAL REGIONAL
CENTER SERVICE
DELIVERY

THE 5 PRINCIPLES OF SELF DETERMINATION

FREEDOM

AUTHORITY

SUPPORT

RESPONSIBILITY

CONFIRMATION

HOW TO GET STARTED

-CONTACT YOUR SERVICE COORDINATOR AND REQUEST TO BE PUT ON THE WAITING LIST

-ATTEND A MANDATORY ORIENTATION, AVAILABLE VIRTUALLY IN ENGLISH AND SPANISH

-JOIN THE FDLRC SDP MAILING LIST TO LEARN ABOUT UPCOMING MEETINGS AND TRAININGS:
AJIMENEZ@LANTERMAN.ORG

-ATTEND OUR LOCAL SELF-DETERMINATION ADVISORY MEETING: EVERY FIRST THURSDAY OF THE MONTH

FOR MORE INFORMATION, VISIT OUR WEBSITE:
WWW.LANTERMAN.ORG/SELF-DETERMINATION OR
DDS WEBSITE:
WWW.DDS.CA.GOV/SDP