



San Gabriel / Pomona
Regional Center



knowledge - empowerment- inspiration

SDP TRAINING & COACHING SERIES

A 4-week training & coaching series for individuals served and their families interested in enrolling or who are already participating in the Self-Determination Program (SDP). Each training module is one (1) hour in length, followed by a one (1) hour clinic session for further support. Modules will be provided in other preferred languages.



Join Zoom Meeting:

Meeting ID: 833 4477 4208

Password: 748217

CLICK HERE

Week #1

Monday, April 28, 2025 at 4:00 pm

- What is Self-Determination?
 - Traditional Service vs Self-Determination
 - SDP terms and definitions
 - The role of the SDP participant and their family
 - Why is Self-Determination important?

Week #2

Monday, May 5, 2025 at 4:00 pm

- What is a Person-Centered Plan
 - How to write a one-page profile
 - System-Centered vs. Person-Centered
 - Benefits of a Person-Centered Plan (PCP).
 - Identifying circle of support, hopes, dreams, service needs, generic resources and unmet needs.

Week #3

Monday, May 12, 2025 at 4:00 pm

- Unmet Needs
 - Identifying service needs through the IPP process.
 - Understanding the regional center's purchase of service policy
- Developing a Spending Plan
 - Selecting services
 - SDP definitions
 - HCBS compliance
 - Hiring providers

Week #4

Monday, May 19, 2025 at 4:00 pm

- Success Stories: Participants will have the opportunity to share glimpses of their own self-determined lives
- Guidance and strategies for overcoming challenges associated with SDP.

For general questions, please contact your Service Coordinator or email the SG/PRC SDP Team at SelfDetermination@sgprc.org