



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: 835 6397 2837**

**Password: 331982**

[CLICK HERE](#)

## Week #1

Monday, January 22, 2024 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, January 29, 2024 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, February 5, 2024 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, February 12, 2024 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](mailto:SelfDetermination@sgprc.org)**