



Self-Determination Program – Spending Plan & Services

Rock'n Our Disabilities Foundation provides individuals participating in the **Self-Determination Program (SDP)** with opportunities to build friendships, develop skills, increase independence, stay active, and participate in their community.

Our **Social Recreation/Monthly Activities Program** and our **Learning Center Program** are two separate programs and should be listed separately in the participant's spending plan.

Social Recreation & Monthly Activities

Spending Plan Amount: \$100 per week

The \$100 weekly fee provides the SDP participant access to our currently available social and recreational programs. Rather than paying separately for each individual class or activity, participants have the opportunity to take part in multiple programs throughout the week based on the current schedule and availability.

Programs may include:

- Basketball
- Karate
- Dance
- Choir
- Life Skills
- Get Air activities
- Bowling
- Social and recreational activities
- Special events
- Community outings and field trips

Field Trips

Field trips are an important part of our social recreation program because they give participants opportunities to experience their community, practice social skills, build confidence, make friends, and enjoy activities alongside their peers.

For individuals enrolled through SDP at the \$100 weekly rate, **Rock'n Our Disabilities Foundation covers the participant's cost for approved field trips included through the program.**

This provides families with access to a variety of recreational and community experiences without having to pay the participant's individual admission cost for each included outing.



Learning Center Program

Spending Plan Amount: \$75 per day

The Learning Center is a **separate program** from our \$100 weekly Social Recreation and Monthly Activities Program.

Learning Center programming consists of **structured three-hour therapeutic and skill-building classes** designed to provide participants with meaningful hands-on activities that encourage communication, creativity, independence, social interaction, fine-motor development, problem-solving, and practical life skills.

Learning Center classes may include:

Bead Therapy

Participants work on creativity, focus, fine-motor skills, following directions, decision-making, and completing projects while creating bead-based crafts and activities.

Skill & Chill

A hands-on life-skills class that includes learning basic cooking and food preparation skills while also encouraging communication, teamwork, independence, and social interaction.

Lego Therapy

Participants use structured Lego activities to develop problem-solving, communication, teamwork, creativity, fine-motor skills, patience, and the ability to follow multi-step directions.

Paint Therapy

Participants use painting as a creative outlet while working on self-expression, focus, fine-motor development, confidence, and emotional expression.

Art Therapy Activities

Participants take part in structured art and creative projects that encourage self-expression, decision-making, creativity, communication, and social engagement.

Understanding the Two Programs

\$100 per week – Social Recreation & Monthly Activities



Provides access to currently available recreational and social programs such as basketball, karate, dance, choir, life skills, Get Air, bowling, special activities, community outings, and included field trips.

\$75 per day – Learning Center

Provides a separate **three-hour structured Learning Center session** focused on therapeutic activities, skill development, creativity, socialization, and increased independence.

The Learning Center fee is **not included in the \$100 weekly Social Recreation fee** because it is a separate three-hour program with its own instructors, curriculum, materials, supplies, and structured activities.

Our goal is to provide individuals participating in Self-Determination with meaningful choices and opportunities that support their individual goals while helping them **learn, socialize, build confidence, develop greater independence, and become active members of their community.**