CALIFORNIA SELF-DETERMINATION PROGRAM

Find work that fits. *Build skills to keep it.*

One-to-one skill development with an **Executive Function & Transition Specialist** for neurodivergent adults and transition-age youth.

YOUR EMPLOYMENT PATHWAY

01 **Explore**
Identify what you want from work.

02 **Research**
Find out what jobs are really like.

03 **Interview**
Practice applications and interviews.

04 **Retain**
Build routines you can use on the job.

FLEXIBLE THINKING

Practice what to do when the plan changes

If an unpredictable schedule makes a job feel out of reach, start by finding out how far ahead shifts are posted. You can practice asking that question in an optional informational interview. If you're already working, rehearse what to say when a supervisor changes your priorities mid-shift.

Start where you are

Choose the stage that fits your goal.

EXPLORE

Find your fit

Compare your strengths, interests, preferred schedule and work environment. Identify the supports that help you do your best work.

What you build: A job-fit profile and roles to explore.

RESEARCH

Find out what jobs are like

Compare real job duties, hours, sensory demands and travel. If you choose, prepare for an informational interview with someone in the field.

What you build: A job comparison and optional interview questions.

INTERVIEW

Practice applying and interviewing

Break the application into steps, rehearse answers with real examples, and plan for interview day and follow-up.

What you build: An application checklist and interview notes.

RETAIN

Build routines for the job

Practice getting ready for a shift, prioritizing tasks, using feedback and asking for clearer instructions or support.

What you build: A shift checklist and a plan for when you get stuck.

FROM RAZ'S GENERAL SDP SERVICES

"I am currently working towards goals that have been hard but I now believe in myself that I will achieve them."

California SDP participant

Workplace examples, packages and referral details on page 2.

EXECUTIVE FUNCTION ON THE JOB

Practice for real moments at work

Build a practical tool, try it in a real situation and review what it helped you do.

Time awareness	Work backward from a 9 a.m. shift. Test the route and set a cue for when to leave.
Working memory	Repeat back the important parts of several instructions and make a short checklist.
Task initiation and prioritizing	Pick the first action. If two requests come in at once, ask which comes first.
Regulation and flexible thinking	When feedback catches you off guard, pause, restate the change and try one next step.
Self-monitoring and self-advocacy	Notice what helped on your shift. Rehearse asking for clearer directions or a written example.

HOW YOUR SPECIALIST WORKS WITH YOU

Practice for the moments that can throw off your workday

You choose what you want to get better at. Maybe a shift change throws off your ride to work, or two people give you different instructions and you're unsure what to do first. Your Executive Function & Transition Specialist helps you rehearse what to do, try a strategy in real life, and adjust it based on what worked for you. With your permission, we can coordinate with the people already supporting your employment goals.

FROM RAZ'S GENERAL SDP SERVICES

"She helps him create weekly agendas and calendars and encourages him to take some risks to improve his confidence."

Parent of a California SDP participant

PACKAGES AND PRICES

All visits are 30 minutes.

$1,560
12-week package
Twice a week · 24 visits total

$520
Four-week continuation
Twice a week · 8 visits total

$260
Four-week continuation
Once a week · 4 visits total

Review progress at weeks 4, 8 and 12. After week 12, choose a four-week continuation package if your plan calls for ongoing support. Use a midweek self-check or a brief specialist check-in when the approved service and format allow.

FOR SDP PLANNING TEAMS

339 Prevocational Supports may fit a defined period of job discovery and transferable skills. **335 Employment Supports** may fit intensive ongoing support to obtain and maintain paid work in an integrated setting. Plan for in-person delivery under these codes. Confirm the service, schedule and billing with your planning team and Financial Management Services provider (FMS).

California SDP service codes · Current SDP waiver, Appendix C

Tell us what you want to work on.

Participants and families can email us. Independent Facilitators can use the referral form.

team@razcoaching.com · razcoaching.com/contact-us

IF referral form