CALIFORNIA SELF-DETERMINATION PROGRAM

Build skills for school.

Use them in everyday life.

One-to-one support for neurodivergent teens and adults. Work with an **Executive Function & Transition Specialist** on a goal you choose.

WHERE YOU CAN USE THESE SKILLS

School and college
Plan assignments, manage deadlines and prepare to talk with teachers.

Home and daily routines
Keep track of appointments and build routines with fewer reminders.

Community
Plan a trip to a group or activity and practice asking for help when needed.

Skills you can use this week

PLANNING

Make the week manageable
Review assignments, appointments and activities. Estimate how long they will take and put the most important steps on a calendar.

What you build: A weekly plan you can use.

TASK INITIATION

Get started on the hard part
Break an assignment, email or form into a small first step. Work alongside your specialist when getting started feels hard.

What you build: A first-step cue and a way to restart.

ORGANIZATION

Keep track and follow through
Put materials, deadlines and reminders in one place. Use a short checklist to remember directions and check what you finished.

What you build: A checklist for school or daily routines.

FLEXIBLE THINKING & SELF-ADVOCACY

Ask for support and adapt
If directions change halfway through a project, practice reordering your steps, checking what's due first and asking your teacher a clarifying question.

What you build: Words you can use when you need help.

FROM CALIFORNIA SDP PARTICIPANTS AND FAMILIES

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

California SDP participant

"I see him taking more control of his responsibilities and developing self-confidence."

Parent of a California SDP participant

Session format, ongoing support and referral details on page 2.

HOW SUPPORT WORKS

Turn a goal into a routine

You choose the goal. Your specialist helps you practice it with real tasks and tools you can use on your own.

Choose a goal	Start with a goal you care about, like turning in assignments on time or getting to an activity on your own.
Practice together	Use part of a one-to-one virtual session to start an assignment, draft a message or set up a routine.
Try it between sessions	Use your plan during the week. A brief check-in can help you adjust it when a task or routine gets stuck.
Review progress	Use a monthly progress snapshot to see what is getting easier and what needs more practice. With permission, include family and other supports.

SESSION SCHEDULE AND ONGOING SUPPORT

Start at the frequency that fits your goals

One-to-one visits are 30 minutes. Set the frequency with your planning team. As routines feel steadier, you can continue with one weekly visit and a brief midweek check-in when your authorized plan allows. Keep practicing a routine or adapt it when school, home or community plans change.

FOR SDP PLANNING TEAMS

331 Community Integration Supports may fit community participation or related adaptive skills goals. **334 Individual Training and Education** may fit qualifying goals such as decision-making or self-advocacy. Use the participant's Individual Program Plan (IPP) and confirm the eligible service, frequency and delivery format with the planning team and Financial Management Services provider (FMS).

California SDP service codes · Michelle Raz's Disability Voices United presentation

Start with one goal that matters to you.

Participants and families can reach out. Independent Facilitators can use the referral form.

team@razcoaching.com · coachingacademics.com/contact

IF referral form