



Self Determination Program – Service Menu

About Us:

Empowerment Support Solutions (ESS) partners with individuals and families through the Self-Determination Program (SDP), providing high-quality, personalized staffing support. Our mission is to empower clients to build independence, confidence and meaningful participation in their communities by ensuring they have the right staff in place to reach their goals.

How It Works:

- Your family enrolls in the Self-Determination Program (SDP) through your Regional Center.
- You create your individual budget with your Financial Management Service (FMS).
- ESS provides qualified staff to support your loved one at home and in the community, based on the hours authorized.

Services Offered:

- Money Management – budgeting, banking, and bill-pay skills.
- Food Management & Meal Preparation – grocery shopping, cooking, and nutrition.
- Health & Safety – managing appointments, medications, and daily wellness.
- Housekeeping & Organization – cleaning, home upkeep, and time management.
- Non-Medical Transportation & Mobility – public and private transportation/training and community safety.
- Interpersonal Communication & Relationships – building social skills, boundaries and self-advocacy.
- Employment Readiness – job search, applications and workplace expectations.

Staff & Safety:

- All ESS staff are LiveScan background checked.
- Staff are trained in confidentiality, boundaries and client rights.
- We carefully match staff to each client's needs and personality.

Service Availability:

- Schedule: Flexible, up to 40 hours per week (based on Regional Center authorization)
- Location: Services provided in-home and, in the community
- Service Area: Los Angeles County & surrounding areas (expand as applicable)

Sample Outcomes:

- Increase money management skills by maintaining a monthly budget.
- Improve health through balanced meal planning and consistent exercise.
- Strengthen safety awareness in the community and at home.
- Build independence by learning to use public transportation safely.



- Develop personal and professional communication skills.
- Strengthening daily living and household management skills to support clients in maintaining their own home and achieving greater self-sufficiency

Family Benefits:

- Families gain peace of mind knowing their loved one has consistent, trained staff.
- Parents can feel confident that daily living goals are supported at home and in the community.
- Flexible schedules allow services to adapt to family needs.

Next Steps

We'd love to schedule a no-obligation consultation to learn about your family's goals and share how ESS can support them. Please reach out by phone or email to get started.

Contact Us

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