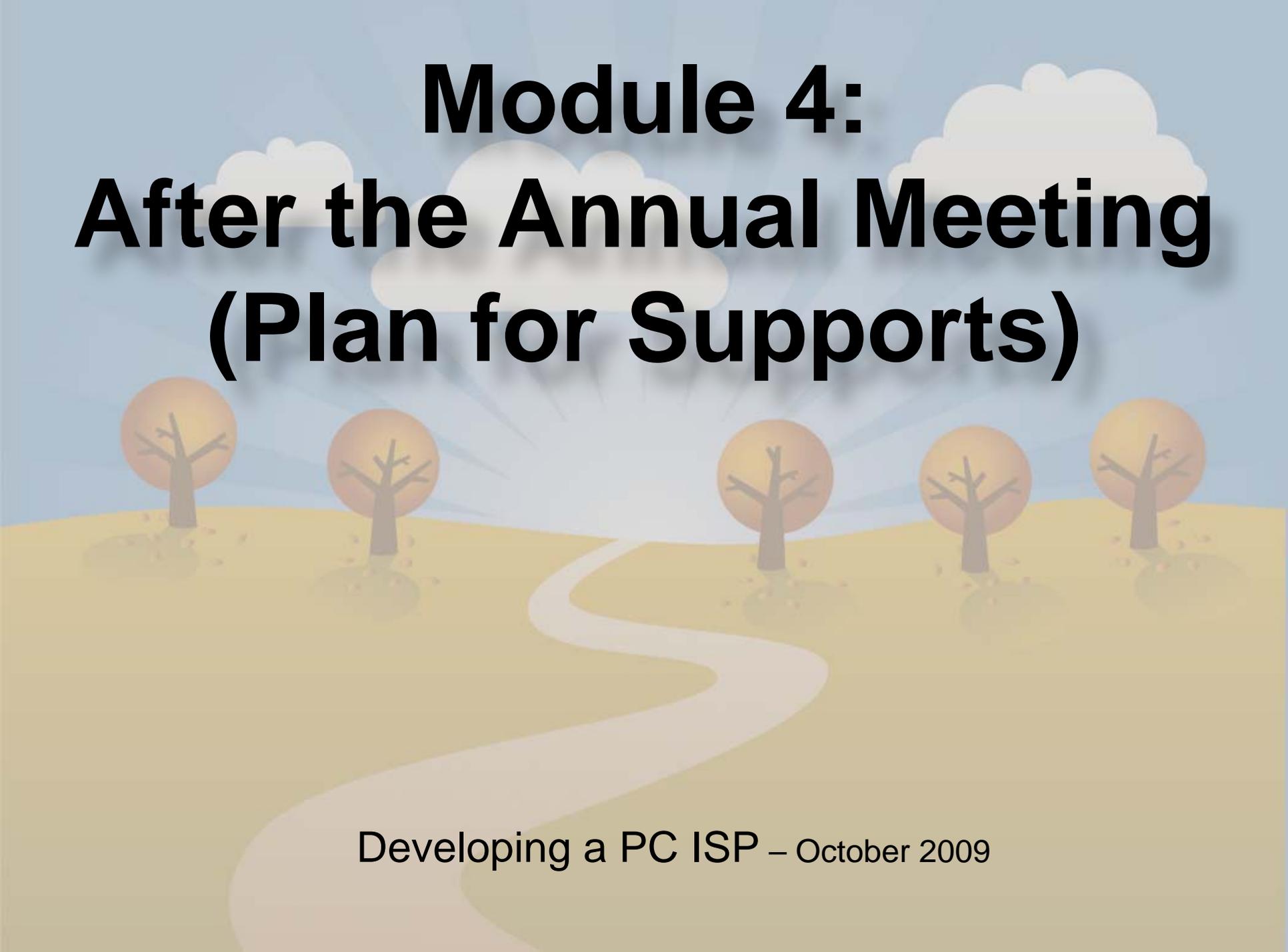
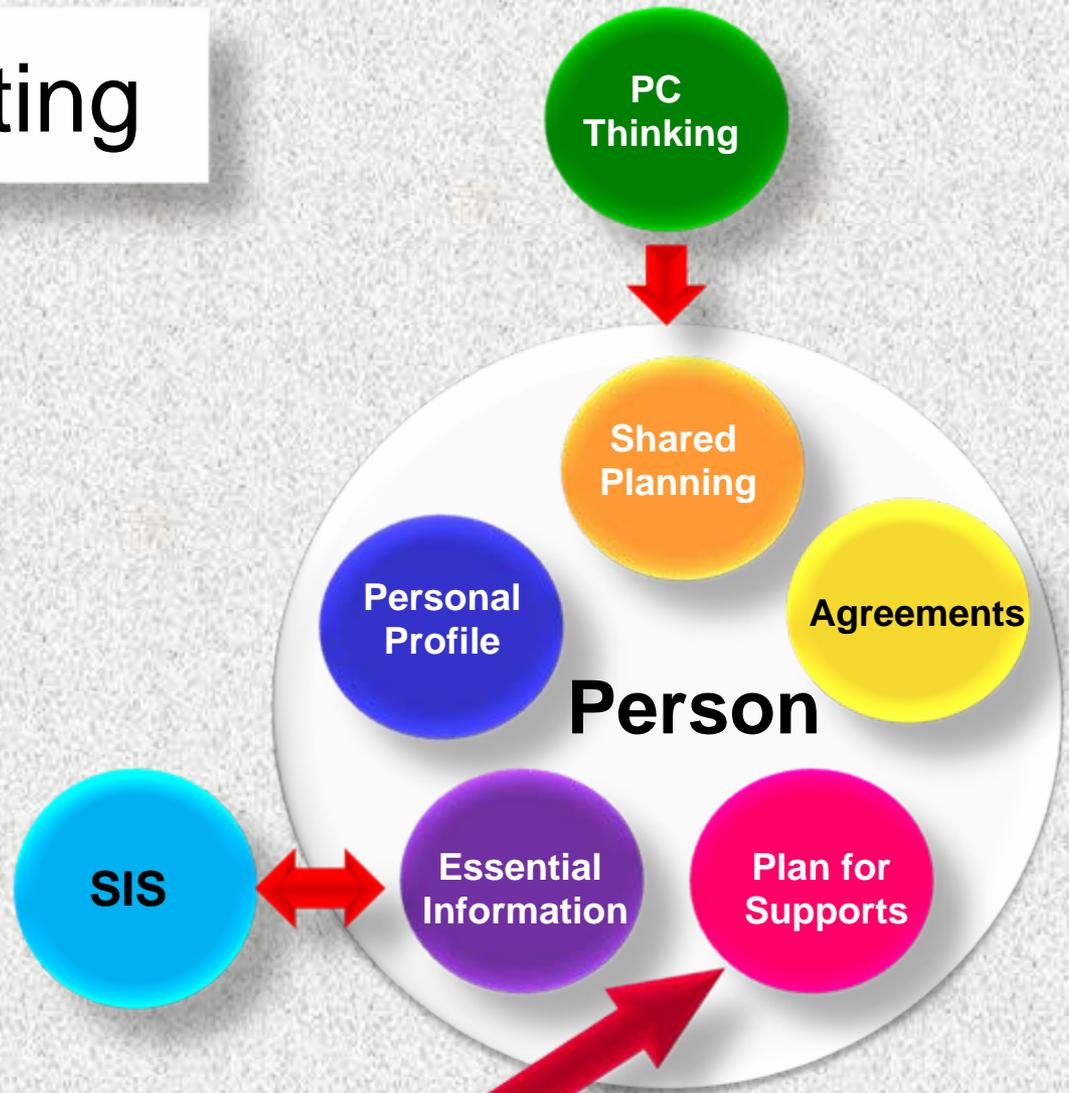


Module 4: After the Annual Meeting (Plan for Supports)



Developing a PC ISP – October 2009

After the meeting



Part V: Plan for Supports

Part V: Plan for Supports

Part V. Plan for Supports

Provider: _____

<u>Outcome</u> #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often or by when?	How Long?
<u>Outcome</u> #	List the support activities for each desired outcome (Important FOR)	Describe how this will be provided based on individual preferences. (support instructions)	How often or by when?	How Long?

Part V can be in the optional sample format or in existing provider formats.



Remember...

Part III. Shared Planning

Shared
Planning

Part III: **Shared Planning**
is a Team Process

Part V. Plan for Supports

Provider: _____

Plan for
Supports

Part V: **Plan for Supports**
is a Provider Process

Using Part III Shared Planning outcomes, each provider develops support activities in Part V.

Part V. Plan for Supports

Provider: _____

Outcome #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often or by when?	How Long?

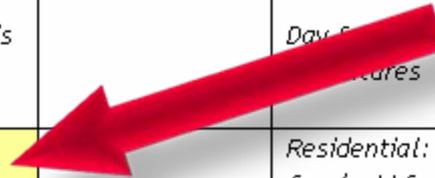
Review Jack's Part III to look at how the optional sample format for Part V is completed using outcome # 2.

Part III. Shared Planning				
<u>Outcome #</u>	What is IMPORTANT TO ME this year?	What does success look like? DESIRED OUTCOMES	How often or by when?	Who's going to support me?
1	<i>Privacy and time alone.</i>	<i>Jack has time away from the others at home and at the day program to do something he enjoys on his own.</i>	<i>Daily</i>	<i>Residential: River Creek, LLC. Day Support: New Adventures</i>
2	<i>Following his own routine every morning.</i>	<i>Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.</i>	<i>Daily</i>	<i>Residential: River Creek, LLC.</i>
		<i>Jack helps plant and <u>tend</u> a vegetable garden.</i>	<i>Weekly</i>	<i>Residential: River Creek, LLC.</i>

Jack's outcome # 2 focuses on a "calm and relaxed morning routine."

Part III. Shared Planning

Outcome #	What is IMPORTANT TO ME this year?	What does success look like? DESIRED OUTCOMES	How often or by when?	Who's going to support me?
1	<i>Privacy and time alone.</i>	<i>Jack has time away from the others at home and at the day program to do something he enjoys on his own.</i>	<i>Daily</i>	<i>Residential: River Creek, LLC. Day Services: New Measures</i>
2	<i>Following his own routine every morning.</i>	<i>Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.</i>		<i>Residential: River Creek, LLC.</i>
3	<i>Gardening.</i>	<i>Jack helps plant and <u>tend</u> a vegetable garden.</i>	<i>Weekly</i>	<i>Residential: River Creek, LLC.</i>



After the meeting while working with Jack, the residential provider identifies support activities for outcome # 2.

**Showering
and shaving**

**Breakfast and
coffee**

Dressing



Support activities must be allowable for the service under Medicaid for reimbursement to occur.

Part III. Shared Planning

Outcome #	What is IMPORTANT TO ME this year?	What does success look like? DESIRED OUTCOMES	How often or by when?	Who's going to support me?
1	Privacy and time alone.	Jack has time away from the others at home and at the day program to do something he enjoys on his own.	Daily	Residential: River Creek, LLC. Day Support: New Adventures
2	Following his own routine every morning.	Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys	Daily	Residential: River
3	Gardening.	Jack helps plant and tend vegetable garden.		

First, the agreed upon outcomes are transferred to the Plan For Supports, Part V.

Part V.

Provider: River Creek, LLC.

Outcome #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often or by when?	How Long?
1 Jack has time away from the others at home and at the day program to do something he enjoys on his own.	Privacy and time alone: Helping Jack get time alone when he needs it.	- watch for pacing and repeating others when observed remind Jack that he can take time away from others - provide option for a quiet area on the porch or in his room or elsewhere in the house - offer relaxing music or another activity of his choice - remind others that Jack is having time alone - observe Jack every few minutes to determine if he is calm. Help Jack return to the regular routines of the house by quietly walking beside him.	Daily	30 minutes [3.5 hours weekly]
2 Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.	Following his own routine every morning: Waking, Showering, shaving, preparing breakfast, making coffee, Dressing, Sitting on the porch.	Waking - waking with country music - reset alarm for next day Showering - Jack undresses himself for showering - assure Jack sets water temperature to yellow mark in shower - Jack pumps his own shampoo - DSP gently washes his hair and back - Male supporter when possible - respect privacy by closing bathroom door - gentle firm pressure to body - use bench in shower - Reminders help keep him on track	Daily	1.5 hours [10.5 hours weekly]

Part V: Plan for Supports

What's important TO Jack is listed.

Part V. Plan for Supports

Provider: River Creek, LLC.

Outcome #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often or by when?	How Long?
1 Jack has time away from the others at home and at the day program to do something he enjoys on his own.	<u>Privacy and time alone:</u> Helping Jack get time alone when he needs it.	<ul style="list-style-type: none"> - watch for pacing and repeating others when observed remind Jack that he can take time away from others - provide option for a quiet area on the porch or in his room or elsewhere in the house - offer relaxing music or another activity of his choice - remind others that Jack is having time alone - observe Jack every few minutes to determine if he is calm. Help Jack return to the routines of the house by quietly walking to the next activity.	Daily	30 minutes [3.5 hours weekly]
2 Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.	<u>Following his own routine every morning:</u>	<ul style="list-style-type: none"> - waking with country music - reset alarm for next day Showering <ul style="list-style-type: none"> - Jack undresses himself for showering - assure Jack sets water temperature to yellow mark in shower - Jack pumps his own shampoo - DSP gently washes his hair and back - Male supporter when possible - respect privacy by closing bathroom door - gentle firm pressure to body - use bench in shower - Reminders help keep him on track 	Daily	1.5 hours [10.5 hours weekly]

Part V. Plan for Supports

Provider: River Creek, LLC.

Outcome #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often and by when?	
1 Jack has time away from the others at home and at the day program to do something he enjoys on his own.	<u>Privacy and time alone:</u> Helping Jack get time alone when he needs it.	<ul style="list-style-type: none"> - watch for pacing and repeating others when observed remind Jack that he can take time away from others - provide option for a quiet area on the porch or in his room or elsewhere in the house - offer relaxing music or another activity of his choice - remind others that Jack is having time alone - observe Jack every few minutes to determine if he is calm. Help Jack return to the regular routines of the house by quietly walking beside him.	Daily	
2 Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.	<u>Following his own routine every morning:</u> Waking, Showering, shaving, preparing breakfast, making coffee, Dressing, Sitting on the porch.	<u>Waking</u> <ul style="list-style-type: none"> - waking with [redacted] - [redacted] next day - [redacted] <ul style="list-style-type: none"> - Jack undresses himself for showering - assure Jack sets water temperature to yellow mark in shower - Jack pumps his own shampoo - DSP gently washes his hair and back - Male supporter when possible - respect privacy by closing bathroom door - gentle firm pressure to body - use bench in shower - Reminders help keep him on track 	Daily	1.5 hours [10.5 hours weekly]

Support activities are listed and can be grouped when they occur together.

Support instructions are listed in bullets that describe what others need to know to support Jack.

Part V. Plan for Supports

Provider: River Creek, LLC.

Outcome #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often or by when?
1 <i>Jack has time away from the others at the home and at the day program to do something he enjoys on his own.</i>	<u>Privacy and time alone:</u> <i>Helping Jack get time alone when he needs it.</i>	<ul style="list-style-type: none"> - watch for pacing and repeating others when observed remind Jack that he can take time away from others - provide option for a quiet area on the porch or in his room or elsewhere in the house - offer relaxing music or another activity of his choice - remind others that Jack is having time alone - observe Jack every few minutes to determine if he is calm. <p><i>Help Jack return to the regular routines of the house by quietly walking beside him.</i></p>	Daily
2 <i>Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.</i>	<u>Following his own routine every morning:</u> <i>Waking, Showering, shaving, preparing breakfast, making coffee, Dressing, Sitting on the porch.</i>	<p><u>Waking</u></p> <ul style="list-style-type: none"> - waking with country music - reset alarm for next day <p><u>Showering</u></p> <ul style="list-style-type: none"> - Jack undresses himself for showering - assure Jack sets water temperature to yellow mark in shower - Jack pumps his own shampoo - DSP gently washes his hair and back - Male supporter when possible - respect privacy by closing bathroom door - gentle firm pressure to body - use bench in shower - Reminders help keep him on track 	Daily [10.5 hours weekly]



Support instructions describe what supporters will do including Jack's participation and the support needed for him to be successful with each support activity.

What does Jack like to do?

What can Jack do on his own?

What type of support does Jack need?

What do supporters need to know to help Jack be successful?

The “by when” date is the annual ISP date unless indicated sooner.

Then, “how often” or “by when” is added for each support or support grouping.

Part V. Plan for Supports

Provider: River Creek, LLC.

Outcome #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often or by when?
1 <i>Jack has time away from the others at home and at the day program to do something he enjoys on his own.</i>	<u>Privacy and time alone:</u> <i>Helping Jack get time alone when he needs it.</i>	<ul style="list-style-type: none"> - watch for pacing and repeating others when observed remind Jack that he can take time away from others - provide option for a quiet area on the porch or in his room or elsewhere in the house - offer relaxing music or another activity of his choice - remind others that Jack is having time alone - observe Jack every few minutes to determine if he is calm. <i>Help Jack return to the regular routines of the house by quietly walking beside him.</i>	Daily
2 <i>Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.</i>	<u>Following his own routine every morning:</u> <i>Waking, Showering, shaving, preparing breakfast, making coffee, Dressing, Sitting on the porch.</i>	<p><u>Waking</u></p> <ul style="list-style-type: none"> - waking with country music - reset alarm for next day <p><u>Showering</u></p> <ul style="list-style-type: none"> - Jack undresses himself for showering - assure Jack sets water temperature to yellow mark in shower - Jack pumps his own shampoo - DSP gently washes his hair and back - Male supporter when possible - respect privacy by closing bathroom door - gentle firm pressure to body - use bench in shower - Reminders help keep him on track 	Daily 1.5 hours [10.5 hours weekly]



Finally, “how long” for each support or grouping is recorded to help estimate the amount of time needed.

Part V. Plan for Supports

Provider: River Creek, LLC.

Outcome #	List the support activities for each desired outcome (Important TO)	Describe how this will be provided based on individual preferences. (support instructions)	How often by who	
1 <i>Jack has time away from the others at home and at the day program to do something he enjoys on his own.</i>	<u>Privacy and time alone:</u> <i>Helping Jack get time alone when he needs it.</i>	<ul style="list-style-type: none"> - watch for pacing and repeating others when observed remind Jack that he can take time away from others - provide option for a quiet area on the porch or in his room or elsewhere in the house - offer relaxing music or another activity of his choice - remind others that Jack is having time alone - observe Jack every few minutes to determine if he is calm. <i>Help Jack return to the regular routines of the house by quietly walking beside him.</i>	Daily	weekly]
2 <i>Jack has a calm and relaxed morning routine, with time after breakfast for sitting on the porch or something else he enjoys.</i>	<u>Following his own routine every morning:</u> <i>Waking, Showering, shaving, preparing breakfast, making coffee, Dressing, Sitting on the porch.</i>	<u>Waking</u> <ul style="list-style-type: none"> - waking with country music - reset alarm for next day <u>Showering</u> <ul style="list-style-type: none"> - Jack undresses himself for showering - assure Jack sets water temperature to yellow mark in shower - Jack pumps his own shampoo - DSP gently washes his hair and back - Male supporter when possible - respect privacy by closing bathroom door - gentle firm pressure to body - use bench in shower - Reminders help keep him on track 	Daily	1.5 hours [10.5 hours weekly]



This is the General Schedule that reflects the preferred schedule of the individual.

General Schedule of Supports*

Provider: *River Creek, LLC.*

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8:00-12:00pm <i>Morning routine, Medications, diabetic care, Exercise</i>	7:00-9am <i>Morning routine, Medications, diabetic care, Exercise</i>	7:00-9am <i>Morning routine, Medications, diabetic care, Exercise</i>	7:00-9am <i>Morning routine, Medications, diabetic care, Exercise</i>	7:00-9am <i>Morning routine, Medications, diabetic care, Exercise</i>	7:00-9am <i>Morning routine, Medications, diabetic care, Exercise</i>	8:00-10:00am <i>Morning routine, Medications, diabetic care, Exercise</i>
12:00-1:00 <i>Diabetic care, lunch</i>	9:00-3:00pm <i>Day Support</i>	9:00-12:00pm <i>Shopping for garden supplies</i>	9:00-3:00pm <i>Day Support</i>	9:00-12:00pm <i>Going to nurseries and plant shopping</i>	9:00-3:00pm <i>Day Support</i> 3:00-5:00pm <i>Budgeting, paying bills, Saving for comedy club</i>	12:00 -5:00pm <i>lunch</i> <i>Renting videos time alone</i>
1:00-5:00pm <i>Laundry, Housecleaning, time alone</i>	3:00-5:00pm <i>menu planning and grocery shopping, time alone</i>	<i>Working in garden</i> 12:00 -5:00pm <i>lunch time alone</i> <i>Renting videos</i>	3:00-5:00pm <i>Walking and using neighborhood businesses, time alone</i>	12:00 -5:00pm <i>lunch time alone</i> <i>communication</i>	5:00-9:00pm <i>dinner diabetic care</i> 5:00-9:00pm <i>dinner diabetic care</i> <i>Keeping in touch with friends/ family</i>	5:00-9:00pm <i>dinner diabetic care</i> <i>Evening routine Better sleep</i>
5:00-9:00pm <i>dinner diabetic diet diabetic care Evening routine Better sleep</i>	5:00-9:00pm <i>dinner diabetic care Evening routine Better sleep</i>	5:00-9:00pm <i>dinner diabetic care Evening routine Better sleep</i>	5:00-9:00pm <i>dinner diabetic care Evening routine Better sleep</i>	5:00-9:00pm <i>dinner diabetic care Evening routine Better sleep</i>	5:00-9:00pm <i>dinner diabetic care</i> <i>Keeping in touch with friends/ family</i> <i>Evening routine Better sleep</i> <i>Overnight Highway safety</i>	<i>Overnight Better sleep</i>
<i>Overnight Highway safety</i>	<i>Overnight Highway safety</i>	<i>Overnight Highway safety</i>	<i>Overnight Highway safety</i>	<i>Overnight Highway safety</i>		<i>Overnight Highway safety</i>
Comments:						
Total hours or units per week: 72 total hours				Total weekly periodic support hours: 15		

Supports are listed on the General Schedule.

General Schedule of Supports*

Provider: River Creek, LLC.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
8:00-12:00pm Morning routine, Medications, diabetic care, Exercise	7:00-9am Morning routine, Medications, diabetic care, Exercise	7:00-9am Morning routine, Medications, diabetic care, Exercise	7:00-9am Morning routine, Medications, diabetic care, Exercise	7:00-9am Morning routine, Medications, diabetic care, Exercise	7:00-9am Morning routine, Medications, diabetic care, Exercise	8:00-10:00am Morning routine, Medications, diabetic care, Exercise
12:00-1:00 Diabetic care, lunch	9:00-3:00pm Day Support	9:00-12:00pm Shopping for garden supplies	9:00-3:00pm Day Support	9:00-12:00pm Going to nurseries and plant shopping	12:00-3:00pm Day Support 3:00-5:00pm Budgeting, paying bills, Saving for comedy club	12:00 -5:00pm lunch Renting videos time alone
1:00-5:00pm Laundry, Housecleaning, time alone	3:00-5:00pm menu planning and grocery shopping, time alone	Working in garden 12:00 -5:00pm lunch time alone Renting videos	3:00-5:00pm Walking and using neighbor-hood businesses, time alone	12:00 -5:00pm lunch time alone communication	5:00-9:00pm dinner diabetic care Evening routine Better sleep	5:00-9:00pm dinner diabetic care Evening routine Better sleep
5:00-9:00pm dinner diabetic diet diabetic care Evening routine Better sleep	5:00-9:00pm dinner diabetic care Evening routine Better sleep	5:00-9:00pm dinner diabetic care Evening routine Better sleep	5:00-9:00pm dinner diabetic care Evening routine Better sleep	5:00-9:00pm	5:00-9:00pm dinner diabetic care Evening routine Better sleep	5:00-9:00pm dinner diabetic care Evening routine Better sleep
Overnight Highway safety	Overnight Highway safety	Overnight Highway safety	Overnight Highway safety			

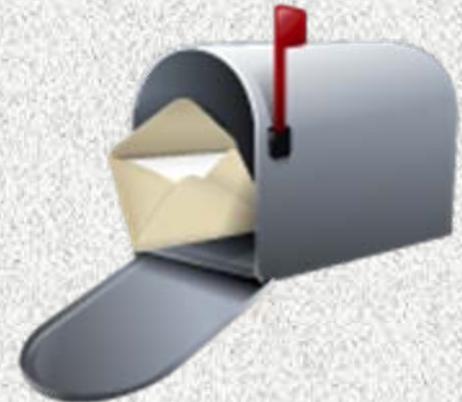
Comments:

Total hours or units per week: 72 total hours

**Notice that Jack
prefers to go
shopping on
Thursdays**



Once completed, Part V: Plan for Supports and the General Schedule are sent to the Support Coordinator for review.



This concludes Module 4 – After the Annual Meeting (Plan for Supports)

