

How to Prepare for a Support Plan Meeting

Start thinking of personal goals, needs, and services.

Ask yourself questions before the support plan meeting:

1. What is important to me?
2. What would I like to change?
3. What help do I need?
4. Has anything changed for me in the last year?
5. Who can help me make decisions?

Communication

- People communicate in different ways. Your Waiver Support Coordinator will learn how you like to communicate so you can express yourself without communication barriers.
- Your support plan should be written in plain language so you can understand it.
- If English is not your primary language, APD will provide a copy of your support plan to you in your primary language. For assistance, please contact **supportplantranslation@apdcares.org**



PERSON-CENTERED SUPPORT PLAN

*What APD iBudget Florida and
Consumer-Directed Care Plus (CDC+)
customers need to know about
Person-Centered Planning*



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Person-Centered Planning helps you figure out what you want for yourself. Talking to your Waiver Support Coordinator, friends, and family can help you determine your goals and dreams. Your Waiver Support Coordinator should help you throughout the year with your Person-Centered Planning.

A **Person-Centered Support Plan** is where your Waiver Support Coordinator will write down the goals you gave them and help you plan your vision for the future.

Your Person-Centered Support Plan should explain:

- Where you want to live and with whom
- Where you want to work
- How you want to be involved in the community
- Your personal goals, accomplishments, and experiences you would like to have
- Your unique family culture and expectations
- Services that you choose
- How to meet your needs and address risks

Self-advocacy means you have the right to make choices and decisions about your life, and that you take responsibility for those choices. You can ask for what you need and want. The Person-Centered Support Plan should reflect what you said. If it does not, you have the right to tell your Waiver Support Coordinator and others that the support plan needs to be changed to correctly show your choices. For a local self-advocacy resource, check out Florida Self-Advocates Network'd (FLSAND) <https://www.flsand.org/>.

How the Process Works

Pre-Planning

- Think about your desires and goals, your needs, and what services you want.
- Tell your Waiver Support Coordinator who to invite to your planning session and where and when to meet. If you have a legal representative, they will always be included.

Support Plan Meeting

- Your Waiver Support Coordinator will help you make decisions based on what you like to do and what you need, and they will help you create backup plans.
- Your Waiver Support Coordinator will provide information and support you with making your decisions.
- Your Waiver Support Coordinator will teach you about ways to pay for the services you need.
- Your Waiver Support Coordinator will review your needs and help you develop plans and backup plans to prepare for any health or safety issues.

Ongoing Updates

- You can update your support plan any time, just call your Waiver Support Coordinator.
- You will get a copy of your plan in the language you understand best. Make sure you review it before signing it.