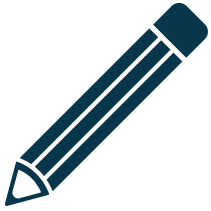




Know Your Rights:

Control of Your Life Planning Process

What is the life planning process?



- Life planning is an ongoing process that helps you ensure that you are receiving the services and supports you need to help you lead the life you want. Your services and supports should change as your needs change, not just during your life plan meetings.



What are your rights related to the life planning process?



- You have the right to know what is being discussed about you and what is being documented about your services and supports.
- You should be involved in any discussions about changes to your services.

How can you be more involved with the process?



- Schedule times that you can have the undivided attention of your Care Coordinator or service providers to talk about topics that are important to you.
- Make sure that you have the privacy you want so people don't hear information about you that you don't want them to hear. Ask if anything has been done on your behalf and how you could be a part of those activities in the future.
- Select people you trust to be on your Interdisciplinary team (IDT) or circle of support. This will help to ensure that you are aware of and understand changes or updates to your services, and that you are told when changes happen. If there is something you don't understand, ask.
- Get to know others who can help, like self-advocacy, advocacy groups or organizations and agencies that can provide you with education and resources to help your understanding of services and supports.

Find more info and resources related to your life plan
at personcenteredservices.com/planning.