



Why is a life plan important?



- Your life plan is intended to be a good reflection of you. It should list your hopes and dreams, worries and fears, supports that you have and want, and your goals for the future.
- Staff use this document to learn about who you are as a person and what their expectations are when working with you.
- The life plan should capture your story, including your capabilities, preferences, strengths and challenges.



What are my rights regarding life plan contents?



- You have the right to a life plan that accurately reflects who you are and what you want to achieve.
- You should expect paid supports to be familiar with your life plan.
- You have the right to access and review the plan at any time.
- You have the right to include or exclude some types of information. If certain items are required in your life plan, you must be informed as to why.

What are my responsibilities related to documentation?



- Work with your Care Coordinator to update your life plan if there are significant changes in your life, including changes in service and health care providers, medical doctors, mental health specialists or other key members in your circle of support.
- Review your life plan to ensure you understand it and that the information is accurate. Once it is determined to be correct, the life plan must be signed and approved so that it may be shared with others. Life plans that are not signed and approved may result in service delays.