

Get Ready for Your Child's IPP / IFSP Meeting

You can use this worksheet to get ready for your child's IPP/IFSP meeting. It will help you think about goals for your child, and the services and supports your child needs to reach those goals. This will help you decide what services you may need from the regional center to support your child.

Goals

Make a list of the goals you have for your child and your family. If you can, describe the steps needed to reach each goal.

Ask yourself these questions. The answers you give will help you know what your goals are.

1. Where do you want your child to live?
2. In what ways would you like your child to be included in the community?
3. In what ways would you like your child to be included in school?
4. What does your child need to become more integrated in the community and at school? For example, your child may need to learn certain self-help strategies, or get help with a medical or behavior problem.
5. What kind of services do **you** need so you can:
 - Go to school or work
 - Take a break from child care so you could relax or do something fun
 - Do your every day chores, such as cooking, shopping, and caring for other children. (You may need services for your child with a disability so you can do these things.)
6. Does your family have cultural and lifestyle preferences that you want to be part of the services you receive?

Services

Once you know your goals, you can list the services and supports you need to reach your goals. List all the services you have now and the services you want.

Think about the services and supports your family needs to keep your child at home. If staying at home is best for your child, the regional center **must** consider every possible way to help you keep your child at home before looking at options that would take your child out of your home.

Remember: You **must** list any service you want in your child's IPP (or IFSP). You must also say how often you need those services, and for how long.

Here is a list of some family support services that the law talks about. The regional center must also provide other services, if needed. Your regional center cannot say no to the services your child needs. And it cannot say they will provide fewer services than you need, unless they have a good reason, for example, if the services are available from a generic agency.

Here are some services and supports your child may need:

- Specialized mental and dental care
- Infant stimulation programs
- Respite for parents
- Day care or child care
- Mental health services
- Special adaptive equipment like wheelchairs, hospital beds, or communication devices
- Special training for parents
- Homemaking services
- Camping services
- Short term out or home care
- Counseling
- Behavior modification programs
- Advocacy assistance
- Other services you need

Sometimes family members, friends, or other people you know are willing and able to provide services or support – this is called “natural” support. But, if you do not have any natural support, the regional center must provide the support your child needs. The regional center cannot say that your family or friends *have to* support you instead of providing a service.

Some services are available to you through school, community, or public agencies, such as special education, Medi-Cal, SSI and IHSS. Or you may be able to get help from your private health plan. Your regional center expects you to use those services if you have them. They will not provide the same services. But, they must help you get them and make sure the services are right for your child.

Need more help?

Ask PAI for these publications:

- *Regional Center Respite Hearing Packet # 5286.01*
- *You Can Get Help With Day Care from the Regional Center # 5297.01*