

What is an ISP?

An Individual Support Plan (ISP) is an ongoing process of establishing goals for individuals and identifies supports and strategies that reflect the person's strength and abilities and details all of the services and supports needed in order to keep the person in their community. The ISP should reflect an opportunity for the person to live in the least restrictive home setting and to have the opportunity to engage in activities and styles of living which encourage and maintain the integration of the individual in the community through individualized social and physical environments.

Who should be included in the development of the ISP?

- The person receiving services
- family members, caregiver, or designated representative

The ISP Planning Process

The ISP should be developed with participation from the following people:

- The individual
- Members of the individual's family
- A guardian, if any
- The individual's Service Coordinator

When is an ISP meeting held?

The meeting is held when it is desired or needed. Some State require meetings every 6 months while others every 2 years, so check with your state regulations.

What is discussed at ISP meetings?

The meeting should focus on 5 areas:

- Review and gathering information including any new changes or discoveries.
Has the person's health status changed?
- The person's goals and desires
- Review or identify personal value outcomes
- Recent events that may affect the person's health, safety and goals
- Review and develop next-step strategies and resources

What must the ISP include?

The ISP should include:

- Specific goals
- The supports the individual needs to reach those goals without regard to the availability of those goals.
- Who is responsible for providing those supports?
- How often and how much support are needed?
- The criteria for evaluating the effectiveness of the supports
- Team members responsibilities for monitoring the ISP implementation
- The date of the next ISP review.