

Getting the most from your plan

- Keep the plan with you so that;
 - 1.You are familiar with what we are all working towards - your goals
 - 2.You know what team supports are coming up for your family to help you achieve your goals
- Make sure that your plan is still relevant; if priorities on your plan are no longer important you will not feel your child is making progress.

Your supports are based on your priorities.

Contact the team if a new priority comes up for your family.



Contact Your Key Worker

Key Worker Name: _____

Contact Number: _____

Email: _____

Working Days: _____



CDNT

Individual Family Support Plan

An Individual Family Support Plan (IFSP) is developed by you, your child (if they are old enough/able to) and the members of the Children's Disability Network Team. It guides how the team is going to support you.

The IFSP will explore

- What is going well & not so well for your child and the whole family
- What is important to you right now
- What are the goals we are going to work on
- What have we agreed that you will do to help achieve these goals
- What have we agreed the team will do to help achieve these goals?

It can be helpful to choose 1 - 3 goals that are most important to your child and family. The IFSP can be reviewed at anytime so contact the Key Worker if your priorities have changed.

How does developing an IFSP help families?

- Talking about your concerns and hopes for your child
- Thinking about what your child is good at as well as the things they find difficult
- Asking questions and share information
- Planning the next steps and goals together with team members
- Recognising changes as your child develops

How does this help the team?

- Ensures we are working in partnership with you
- Keeps us aware of things that are important to you and your child

How can you prepare for making the plan?

As a family;

- Think about areas of your child's development
- What is most important to you and to your child right now
- Involve your child if they are old enough/able to be involved
- What is your child good at and enjoys
- What do they find difficult

Write down any questions or concerns you have. We can provide you with a blank IFSP form to look at.

For each area you can also think about;

- What have we tried already and has this been successful or not?
- How can we work on this priority? How much time do we have?

Thinking about your child's development is important because

- It helps us to focus on what your child can do in their everyday activities
- You know most about your child, you have information no one else has
- You, as the adult in your child's life, have the most influence on your child's development
- What happens at home between appointments with the team is far more important than what happens during them
- You and your child will find it easier if we are working on goals that are interesting & important to them and your family