

# Preparing For The The Individual Family Support Plan (IFSP)

## What is the IFSP

Individual Family Support Plan (IFSP) is a plan made by the child (as appropriate to their age), their family and the CDNT in partnership. The plan brings together the child's and family's needs, priorities and desired outcomes with the team's knowledge and expertise, in order to agree what they will focus on next.

The IFSP takes place when your child first enters our service. It is then updated and altered as you and your child's priorities change and goals are achieved.

This discussion could take place at a specific IFSP meeting with one or two of the team, during a scheduled appointment with one of the team or on the telephone or virtually.

## Preparing for the IFSP

What's going well and 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 can do to help achieve these goals?
- What have we agreed the team will do to help achieve these goals?

**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 sharing information.
- Planning the next steps and goals together with team members.
- Recognising changes as your child develops.

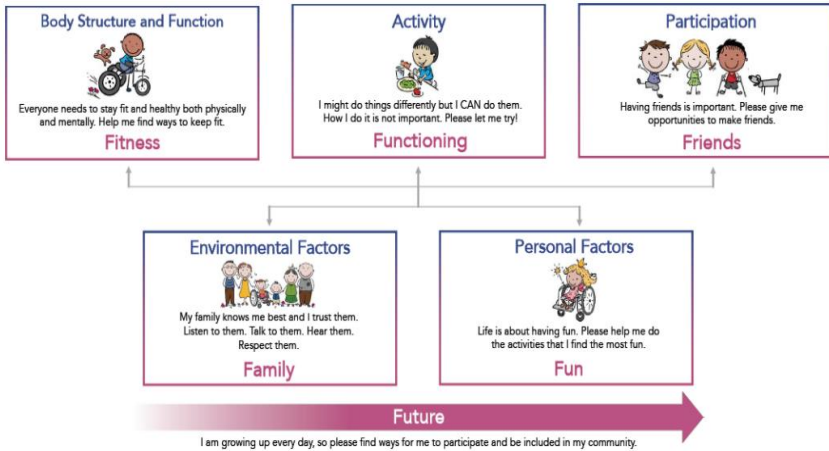
**How does this help the team?**

- Ensures we are working in partnership with you.
- Keeps us aware of you and your child's priorities.

**How can you prepare for making the plan?**

Think about areas of your child's development and what's most important to you and to your child right now. Think about what your child is good at and enjoys as well as what they find difficult. Here are '6 F's' to consider.

## The ICF Framework<sup>1</sup> and the F-Words<sup>2</sup>



# Priorities and Goals

### For each area you can also think about:

- Is this important and a priority for us as a family at the moment?
- 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 level of independence and ability to participate is important because:

- It helps us to focus on what your child can do in their everyday activities
- You have information on your child that no one else has.

- Children learn best in their own environment with the people who are most familiar to them. 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 both of you.

## Final Thoughts

### Getting the most from your plan

- Review your plan so that:
  - You are familiar with what we are all working towards.
  - You know what team supports are coming up for you and your family.
- Make sure that your plan is still relevant. As your child develops and as the goals change, a review will be needed.

The IFSP is central to ongoing support from the team. The team will support your priorities and goals now and as they change over time.

