



It's Your Life!

What are Community Supports?

Community Supports are the many people and services available in your area to help you live a full life. Beginning at age 18, you will be in charge. You have to live with your decisions, so you have the right to make them.

How can I use Community Supports?

Think about where you want to live, who you want to live with, and what kind of job you want. Be your own boss, and try to do as much for yourself as you can!

What is an Individual Program Plan (IPP)?

You and your service coordinator write an Individual Program Plan (IPP) to help you meet your needs and goals. You must make sure the plan has all the things you want and need. This way, other people will know what you want them to do. A plan must be done before you can get services.

Who can be on my team?

You can ask anyone you want to be on your team. You can have a big team with lots of members, or a smaller team with fewer members.

about you, and who you may want to ask:

- Best friend
- Boyfriend/Girlfriend
- Roommate
- Family
- Counselor
- Staff
- Boss
- Care providers
- Job coach
- Neighbor
- Advocate
- Teacher
- Church member
- Anyone else you want

Does anyone have to be on my team?

No one has to be on your team except you and your service coordinator, unless you have a guardian who has the right to help you make decisions.

What if I have trouble telling people what I want?

You can ask people you know for help. They can help you tell others what you like and what you don't like. They also can help you make decisions about who your service coordinator will be and who will be on the team that helps you write your plan.

Here are some people who may know you and care

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What if someone disagrees with my plan?

Even if other people disagree, it is up to you to decide what goes in your plan.

What happens after my plan is made?

When you decide your plan is ready, your service coordinator will help you make it happen. This should be exciting. You will be taking charge of your life!

How do I know my plan is being followed?

You will meet with your service coordinator monthly to talk about your plan. You should tell your service coordinator how things are going. Are things getting done and are you happy with what is happening? You also should know what is on your plan so that you can keep track of what needs to be done.

What if I am not happy with my plan?

Call a team meeting. Get your team together. Tell them what you are thinking and ask for help to make changes.

What is the role of my family and friends?

You are in control of your plan. You may invite family and friends to be a part of your decisions.

What is my part?

Your job is to do as much for yourself as you can. Ask questions and learn to do things for yourself. Tell people what you want and don't want so that they know how to help you.

Can I make choices about...

- Who learns about my disability?
- Where I live?
- Where I work?
- What I eat?
- Where I go?
- How I spend my money?
- Where and how I relax?
- Who my friends are?
- Where I worship?
- What things I learn to do?

YES! You can decide all of these things and more.

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