



What is Your Individual Support Plan?

The Missouri Division of Developmental Disabilities and You



Missouri Division of
**Developmental
Disabilities**



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Who is this booklet for?

This is a Booklet Series for you! Someone who is getting supports and services from the Missouri Division of Developmental Disabilities.



These booklets are written using words and pictures to help you understand information that you need to know. You might be able to read this information by yourself or you might want someone to read this with you.



The information in this booklet comes from the rules and laws the State of Missouri set up to help you.



This booklet is to help you understand your Individualized Support Plan.

What is your Individual Support Plan?



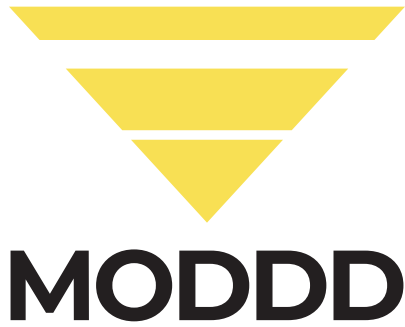
An Individual Support Plan is sometimes called an ISP.

Your Individual Support Plan, or ISP, is a written plan about you and your needs.



It helps you say what you need to the people who will help you. Your ISP is written down for you so you can have it to show to anyone you want to see it.

Why do you need an ISP?



You have to have an ISP to get services from the Missouri Division of Developmental Disabilities (MoDDD).



Your ISP lists all of the services you need from MoDDD and says who will give you the services and supports you need.

When is your ISP done?



Your ISP is done during what is called a 'Planning Meeting.'

- You are always a part of this meeting.
- The Support Coordinator you work with will ask you lots of questions and explain lots of things about your ISP in this meeting.
- During this meeting, your Support Coordinator will help you fill out the things you want people to know about you.

How do you get ready for your ISP?

Your ISP is all about you and you should think about what you want and need from MoDDD. You can write this down on paper or have someone write it with you. Writing things down will help you tell the people on your team what you need and want.



First, think about what you want for your good life. You could call this your vision for your life. This will help you tell other people about what you want and need in your life.



Next you can think about the things you do NOT want to happen in your life. This will help you make sure people understand what you do NOT want to have in your life.



After you know what you want and don't want you can figure out how to get where you want to be.

You can also make sure everyone knows how to help you stay away from the things you do NOT want.

What do you have now and what do you need?

After you have figured out what you want and do not want you can look at what you have now that helps you get there. Knowing what you have can also help you figure out what you need for your good life.



What are your strengths? What are the positive things about you that will help you get to your good life. Your strengths are the things you are good at and that other people think you are good at. You can also list the stuff you have here.

List all of the things that tell you and others what your strengths are. This will help you get to the good life you want.



Do you have any technology that you use to make your day better? Things like an alarm clock, a cell phone or a computer.



Write down all the technology you have so you can see what else you need.

What do you have now and what do you need? (Continued)



Where do you like to go? Where do you hang out? What are some things you do and where do you do them?

You might go to places like church, work, school, the park or a favorite restaurant.



Who are the people in your life? Who do you hang out with? Who are your friends and family members?



What services are eligible for? Eligible means that there are certain things about you that allow you to get services.

Things you are eligible for might be personal assistance, employment supports, residential services, and more.

Remember:



- Your ISP is about you.
- Your ISP is about what services and supports you want from the Division of Developmental Disabilities.
- You are in charge of deciding what you want in your ISP.



More ISP Easy Reader booklets are coming soon.



Online Resources:

Find tools for exploring and planning your good life at Charting the LifeCourse:
www.lifecoursetools.com

Supporting Families through the ISP Process Guide:

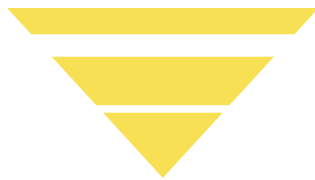
<https://dmh.mo.gov/media/pdf/supporting-families-through-individual-support-plan-isp-process>

Video:

<https://www.youtube.com/watch?v=nTKWA1iQ2Yc>

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The information in the *Missouri Division of Developmental Disabilities and You Series on your ISP* comes from:

- *Missouri Division of Developmental Disabilities Individual Support Plan Process*
- *Supporting Families Through the Individual Support Plan (ISP) Process*

