

PARTICIPATE

verb : to take part or to have a part or share in something

Each member is responsible for participating in the process of developing care plans that are effective, reasonable, and cost effective.

When you or your legal decision maker voluntarily applies for the Family Care program, there are requirements that need to be followed. **You are expected to participate in:**

- monthly conversations with IDT staff at minimum
- quarterly face to face visits
- a care plan review every 6 months, with at least one care plan review taking place in your home
- the annual long term care functional screen.

PARTICIPATE. DON'T "SIT BACK" AND LET THE EXPERIENCE HAPPEN TO YOU.

Nonparticipation in these minimum requirements can potentially lead to disenrollment.

PARTICIPATING IN YOUR CARE PLAN IS YOUR RESPONSIBILITY AND EMPOWERS YOU TO HAVE A SAY IN THE SERVICES THAT WILL HELP YOU THE MOST.

You can do this and Inlusa is here to help you along the way. Participation is something that you already know how to do.

You have rights. You have responsibilities.

HOW CAN YOU PARTICIPATE?

Educate yourself.

Read the Inlusa Member Handbook to become familiar with Family Care. It is ok and encouraged for you to ask questions.

Be prepared.

Write down things you would like to talk about or questions you have so you don't forget on the day of the meeting.

Involve those important to you.

You don't have to do this alone; you are encouraged to have anyone that you choose join meetings and phone calls.

Think about your goals.

Write down what is important to you and be ready to discuss with your team.

Be your own best advocate.

It is important that you ask questions, talk to your team about what does/does not work for you, make suggestions and brainstorm with your team how your natural supports and the Family Care Program can work best for you. Share with your Team what is important to you, and about the kind of life you want to live and the support you need to do so.