



Individual Support Plan (ISP)

Overview

In Pennsylvania, once a person, with an intellectual disability (ID) and/or autism, is found eligible for Home and Community Based Waiver Services (HCBS) and has a Support Coordinator (SC), that person and the team chosen by the person will develop an Individual Support Plan (ISP). Additional information on meeting with your SC can be found on the [Pennsylvania Department of Human Services](#) website.

This ISP development is a team process that includes the individual receiving supports, family, providers of service, the Supports Coordinator, and others invited by the person who are important in their life. The individual and family control the planning process.

This process will help identify the needs and type of supports the person and/or family need in order to Live an Everyday Life. The ISP is a working plan that will include Pennsylvania's values of [Every Day Lives](#). And, [Person-Centered Planning and Self-Determination](#).

Deeply rooted in the concept of self-determination, Everyday Lives promotes the belief that, with the support of family and friends, people with disabilities can and should decide how to live their lives. Providers of services will use the recommendations of Everyday Lives to support individuals and their families to achieve an everyday life.

Everyday Lives will guide everyone toward the possibility of an everyday life through the major components of control, choice and freedom.

Person-Centered Planning or PCP is a process that:

- Articulates the need for people with intellectual disabilities to document what they want their life to look like
- Is written with input from family members or friends of their choosing
- Is specific to the person with a disability
- When complete, will look no different than others in their community.

Person-Centered Planning is a way for the person with a disability to say what is important to them and what they would like their life to look like. It helps to figure out how to make these things happen. The planning process involves describing a vision, goal or dream that is not limited to what exists in their life now, but what the persons' life can be like in the future.

Self-determination is defined as a personal decision to do something or think a certain way and the freedom to make your own choices. Self-determination is an important concept that refers to not only a person's ability to make choices but to manage their own life. Self-determination helps people to feel that they have control over their choices and lives.

The process to develop an ISP is to meet with your SC. Your SC is tasked with helping to locate, coordinate and monitor needed services. Then identify needs and supports through conversations that will include these areas:

- Individual Preferences
- Medical, Health and Safety
- Functional Information
- Financial
- Communication
- Supervision

Supports and Services – Person-Centered Model

Needs and supports are identified using a Person-Centered Plan, and/or the Life Course Frame to express likes and wants of the person with the disability.

[Charting the Life Course Framework](#) helps your team to:

- Develop a vision for an Everyday Life
- Think about what is needed to know and do
- Identify how to find or develop supports
- Discover what it takes to have the full and meaningful life you envision

Once your needs and a vision are identified, your Supports Coordinator will develop the Prioritization of Urgency of Need for Services (PUNS) to identify unmet needs.

Other useful resources

[PA Department of Human Services](#)

[Information on Meeting with your Supports Coordinator](#)

[Everyday Lives](#)

[Person-Centered Planning and Self Determination](#)

[Person-Centered Plan](#)

[Charting the Life Course Framework](#)

[Prioritization of Urgency of Need for Services \(PUNS\) Form](#)

[Prioritization of Urgency of Need for Services \(PUNS\) Manual](#)

[Pennsylvania Waiting List Campaign](#)

Achieva disability advocates provide information, technical assistance and individual advocacy on issues that impact children and adults with intellectual disabilities and autism and their families. We also work with state and federal legislators and policy makers to ensure that the human, civil and legal rights of people with disabilities are protected and that they are afforded services to assist them to be included in their communities. We will provide guidance, information and technical assistance to the best of our ability. Achieva advocates are available to answer questions specific to your situation. Please contact us at 412.995.5000 x486, 888.272.7229 x 486 (Toll-Free) or log onto www.achieva.info/contact-advocacy.