



# PARTNERS FOR CHILDREN

## F-CAP Development and Circle of Support Information Sheet (Parent)



### What is our F-CAP?

Your family's F-CAP, or Family-Centered Action Plan, is the document that holds all of the decisions made, goals, services chosen, and notes about your child's current treatment(s). Your child's doctors' names will be included so they can be easily contacted if there is a need. The F-CAP will also include any thoughts or concerns you or your child want to share with your Care Coordinator that may help with your child's care.

### Who creates our F-CAP?

You and your child (if they are able) will work with your Care Coordinator and Circle of Support to develop your care plan.

### How can my child participate?

Your child's job is to do as much for themselves as they can and want. Let them ask questions and learn to do as much as they want for themselves. Encourage them to let you know what they want and don't want so you know how to help them.

### What is our Circle of Support?

Your Circle of Support is a group of people you (and your child) choose who provide emotional support and advice to you and your family. They will be able to help create your F-CAP and with any later changes.

### Does anyone have to be in our Circle of Support?

No one has to be in your Circle of Support. Your F-CAP can be created by only you, your child and your Care Coordinator. Any parent or legal guardian who has the right to make decisions for your child will also be involved.

### How can our Circle of Support help us?

Your Circle of Support will work directly with you, your child and your Care Coordinator to develop your F-CAP. The goal

is to create a plan that will include any information that will be useful for your child to get the best care possible.

### Who can be in our Circle of Support?

You and your child can ask anyone you want to be in your Circle of Support. You can have a big group with lots of members, or a small group with only a few members.

Here are some people who may know you and care about you, and who you may want to ask:

- Extended Family Members
- Friends
- Neighbors
- Counselors
- Care providers
- Teachers
- People at your place of worship
- Advocates
- Boyfriend/Girlfriend
- Roommates
- Boss

### What if we have trouble telling providers what we want for our child?

You can contact your CCS Nurse Liaison, who enrolled your child in the program. You can also contact your Care Coordinator. They can help you tell your providers what you like and what you don't like.

### What if someone disagrees with our F-CAP?

Even if other people disagree, it is up to you and your child to decide what goes on your F-CAP. Your Care Coordinator can help you to explain your choices to others if you need.

**What happens after our F-CAP is made?**

When you decide your F-CAP is ready, your Care Coordinator will help you make it happen. They will let you know when your services will begin. They will give you any information you need to have an easy move into the program. Feel free to contact your Care Coordinator if you have any questions.

**How do I know our F-CAP is being followed?**

You will meet with your Care Coordinator monthly to talk about your F-CAP. You should tell your Care Coordinator how things are going. Are things getting done? Are you happy with what is happening? You also should keep track of what is on your F-CAP so that you know what needs to be done.

**What if we are not happy with our F-CAP?**

Call your Care Coordinator. Get your Circle of Support together. Tell them what you are thinking and ask for help to make changes.

**Can we pick the services that we want?**

Yes. Your Care Coordinator will work with you and your child to decide which services will work best for your child and family. Your Circle of Support may also help with these choices.

**Are there limits on how much of each service we can have?**

Each service has a limit of hours or days you can use during a time period. For example: 60 hours per year.

**Can we change services if we want?**

Yes. Your Care Coordinator can make changes to your F-CAP. These can include adding or removing services, and changing how much of each service your child or family is getting.

**Can we decide who our providers are?**

You will be able to choose from a list of available providers in your county. If you decide to change providers, contact your CCSNL to find out who might be available.

**What if we decide not to stay on the waiver?**

It is up to you and your child to decide how long you stay on the waiver. Your Circle of Support and Care Coordinator can help you with this decision if you need.