



# PARTNERS FOR CHILDREN

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



### What is my F-CAP?

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

### Who creates my F-CAP?

You and your parent or legal guardian will work with your Care Coordinator and Circle of Support to develop your F-CAP.

### What can I do?

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

### What is my Circle of Support?

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

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

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

### How can my Circle of Support help me?

Your Circle of Support will work directly with you, your family 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 you to get the best care possible.

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

You and your parent or legal guardian can ask anyone you want to be in your Circle of Support. You can have a big group with many 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 Member
- Best friend
- Neighbor
- Counselor
- Care providers
- Teacher
- People at your place of worship
- Advocate
- Boyfriend/Girlfriend
- Roommate
- Boss

### What if I have trouble telling providers what I want?

You can ask people you know and trust for help. You can contact your CCS Nurse Liaison, who enrolled you 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 my F-CAP?

Even if other people disagree, it is up to you and your parent or legal guardian 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 my 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 and your family 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 my 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 I am not happy with my care plan?**

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

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

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

**Are there limits on how much of each service I 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 I change services if I 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 you are getting.

**Can I decide who my 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 I decide not to stay on the waiver?**

It is up to you and your parent or legal guardian 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.