LIVING WELL

Healthy, Safe and Connected

Wisconsin BPDD

Wisconsin Board for People with Developmental Disabilities

A Self-Advocates Guide to the IRIS Collaborative Decision Making Process

IRIS Consulting Agencies use the Collaborative Decision-Making Process to decide what services people can have in their IRIS plan. This means they talk with you and come up with a plan together. It is important for you to know about this process so you can get the services that are right for you.

This process happens by having a conversation with your IRIS consultant, family, providers, and other people who might help you about your life, what you need, and what you want to do. What you want your life to be like is called your "outcomes." Outcomes are like goals.

Outcomes are things like:

- I want a job.
- I want to see my friends at least once a week.
- I want to be active and feel healthy.
- I want to live in my own apartment.
- I want to experience less stress and anxiety in my life.
- I want to do meaningful things in my community, like volunteer and be part of clubs.



Your IRIS consultant will ask you questions about your life outcomes. Outcomes are the things you want to do in your life. They will talk to you about different things you can do and services that can help you get to your outcomes.

Since this conversation is about YOU and YOUR life, it is VERY important that you SPEAK UP about what you want and ASK QUESTIONS if you do not understand something.

Your life has probably changed because of COVID-19. This means you might have new issues or concerns that have come up during this time. You may need different or new services. Here are the steps to take with your IRIS Consultant:

1. Talk to your IRIS Consultant about what is wrong or what you want to change. Be open and share as much information as you can so they understand you. Tell them about:

- Problems you or your caregivers are having.
- Things you want to do.
- What do you need to have a good day or a good week?
- What are the top three things that could help you be more healthy, happy, safe, and independent right now?
- Think about what has changed because of COVID and how you can make it better.

Learn about the My Safe at Home Plan to start thinking about what you might need:

- My Safe Home Plan: https://uwmadison.app.box.com/s/0210ly9cth1dpab2yuxpnluntaybqh4x
- Is My Home Safe Video: https://www.youtube.com/watch?v=w1UyoXdeG94

2. Learn about your options. You and your IRIS consultant should talk about your options for activities and services. You should tell them what you might be interesting in doing and they can offer ideas to for you to think about. You and your IRIS consultant should think about creative ideas. If you and your IRIS Consultant are having a hard time coming up with options, ask them to help you to do some research for you. Four places to get ideas are:

- Talk to people you know
- Check out the WI BPDD website: https://wi-bpdd.org/
- Contact People First Wisconsin: http://www.peoplefirstwisconsin.org/
- Contact Disability Rights Wisconsin: https://www.disabilityrightswi.org/ or 800-928-8778
- Also talk to your IRIS Consultant about how technology could help you do activities, learn new things, and connect to friends and family. If you do not have a smart phone, tablet, or computer, talk with your IRIS consultant about ways to get technology.

Learn about virtual services by watching this Self-Determination Channel video: https://www.youtube.com/watch?v=fxSn4Qo7PS4&t=3s

3. Make a decision about what to do. Talk with your IRIS consultant to decide on two things about your services. The first is "How effective is the service?" This means will the service help you reach your goal. The second thing you have to decide is "Is it cost-effective?" This means it doesn't cost too much or need too much effort to do. Talk about how much money you have in your budget and it you have enough to add or changes services or supports. **Your** IRIS Consultant can **help you** add the service to your plan and you can get started. If you need more money in your budget, work with them to get that added or to move around services. You might be able to talk about why it is important to you. You can also call Disability Rights Wisconsin at **800-928-8778** to find out how to advocate for what you need.