

WHAT WOULD IT MEAN IF I GOT LESS HELP THAN I HAVE NOW?



Many people with disabilities and their families are in Family Care, IRIS, or the Children’s Long Term Support (CLTS) program because they need help to live in their homes (not institutions). Every person has a care plan based on their individual needs that says what kind and how much help they get. Care plans list how many hours of natural supports unpaid caregivers agree they will provide to meet the person’s needs and the hours/amount of services provided by disability service professionals.

Many people with disabilities and families say if they had less help/support than they have now, it would impact their daily lives and health. They might not be able to live where they want (i.e. stay out of an institution), get out of bed,

get to work, keep up on medications. Family caregivers might have to leave jobs or reduce work hours and would have to take on even more care than they do now, without backup if they got sick, hurt, or died.

Use the worksheet on the back to:

1. List the major parts of your care plan,
2. How many paid hours/service your plan currently provides,
3. How many hours unpaid caregivers are currently doing to make the care plan work.

What would happen if:

- The amount of paid caregiver hours was reduced (what would it mean if you lost 5 hours? 10 hours? More?)
- The amount of services you currently get was reduced?
- Some of the services you have now would not be in your care plan any more.
- Unpaid caregivers could not cover the same hours or weren’t able to cover more hours?

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	Number of paid hours/amount of service in my care plan	Tasks or time covered by unpaid caregivers in my care plan	Impact of cuts to paid hours or reduction of services in my care plan?
Personal care			
Home health			
Nursing			
Therapies			
Medical Equip. & Supplies			
Mental Health			
Group home			
Employment Services			
Day Services			
Other services or supports			

Here is what my life looks like now. (Ex. I live in my home in the community, not an institution, I work, I volunteer etc.)

With Family Care, IRIS, CLTS as it is now, I am not always able to...) Ex. Find enough caregivers, get transportation in the evenings, get support on my job.)

What are you most worried about if you have less help than you have now?