

# SHARED CARE PLANNING

## Information for Families

Shared care planning is a process used to coordinate care and services for children with special health needs. It is called “shared” planning because you and your child’s health, education, and service providers share the work of creating a care plan and putting it into action. A shared care planning meeting brings you and different people who work with your child together in a room to talk about goals and challenges. You end up with a written plan that helps your child move forward.

### How Shared Care Planning Helps

You share what you know about your child with his or her teachers, therapists, health care providers, and others.

Your goals for your child are the first priority.

People with different kinds of skills and experience come together with a common goal of helping your child.

You get a clear written care plan that addresses your child’s needs. The plan spells out who will do what, and when.

People at the meeting learn more about your unique child and family.

Your child’s care and services are better coordinated.



The Oregon Center for Children and Youth with Special Health Needs (OCCYSHN) is Oregon’s Maternal and Child Health Bureau Title V public health agency for children and youth with special health care needs. OCCYSHN is located at OHSU’s Institute on Development and Disability.

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# Frequently Asked Questions

## Is a care planning meeting the same as an Individual Education Plan (IEP) meeting?

No. IEPs are focused on school goals. Shared care planning focuses on your child's overall health and well-being, including how things are going at school.

## Who comes to a shared care planning meeting?

That's up to you. A typical meeting might include

- you – the parent(s) or guardian(s)
- a public health nurse or other home visitor
- doctor(s)
- therapists
- social worker
- Developmental Disabilities caseworker
- health insurance representative
- school nurse, counselor, or teachers
- child care providers
- other people you think might be helpful.

You can also invite your child (over age 12), if you think that would be best.

## What happens at a shared care planning meeting?

- People introduce themselves to each other.
- You talk about your goals for your child, and describe problems you've had getting your child's needs met.
- You and the rest of the group brainstorms together about how to solve problems and meet your goals.
- A coordinated care plan is developed. It is written down, and you get a copy. The plan spells out who agrees to do what, and when.

## How do I prepare for a shared care planning meeting?

- Be sure the time works for you. If not, it can be rescheduled. You are the most important person at the shared care planning meeting.
- Sign a "Release of Information." That release allows team members to share information with each other about your child. (The person who invites you to the meeting will give you this form.)
- Write down any of your child's needs that have been hard to meet (like supplies or therapies that aren't covered by insurance, child care, etc.).

- Bring any written information you want to share. Examples might include
  - ✓ a care notebook,
  - ✓ an Individual Education Plan,
  - ✓ report cards,
  - ✓ an Individual Service Plan,
  - ✓ letters denying services or insurance.

## Can I talk with another parent who has a child with special needs about shared care planning?

Yes. To be connected with another parent contact:

**Oregon Family to Family  
Health Information Center**

**855-323-6744**

**[www.oregonfamilytofamily.org](http://www.oregonfamilytofamily.org)**

