



Self-Advocacy

TEAMS & ISPS

The ISP Team

Purpose

The purpose of this session is to increase the participant's understanding of the team process and to encourage individuals to express their needs and desires so that the team is better able to support them.



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Important Points to Learn

- Individuals who participate in the ISP process benefit from the support and assistance of a team. Members of an ISP team may include family, service providers, guardians (if applicable), therapists or others who are important to an individual.
- Teams are typically designed with people from different aspects of an individual's life (such as residential, employment, financial, etc.). It's an opportunity for team members to hear what is important to an individual and to "get on the same page" regarding services or assistance to reach desired goals.
- Teams meet at least one time per year and may meet more often depending on the need.
- It's important for an individual to recognize that the team is "their team". Individual should be actively involved and express needs and desires to their team. The team is there to support them, but must know the direction an individual is interested in pursuing.

QUESTIONS: TO CONSIDER

- Do you know the purpose of having a team?
- Are there ways that you would like to improve the way that your team operates?
- If there was one thing that you wanted to make sure that your team knows about what is important to you, what would that thing be?

ACTIVITY: THE ISP TEAM

Have a large flip chart available. Share one important thing about yourself that you would like to make sure that your team knows. Write those things on the flip chart. Next, share a goal that you would like to achieve in the next few years (it is helpful to have the facilitator provide examples of employment goals, personal goals, etc.). Discuss as a group the importance of sharing goals and things that are important to you with *your* team. An individual's team is available to assist in reaching your goals.

NOTE: it is helpful to coordinate the timing of this activity with the scheduling of an individual's annual meeting to put knowledge into immediate use.