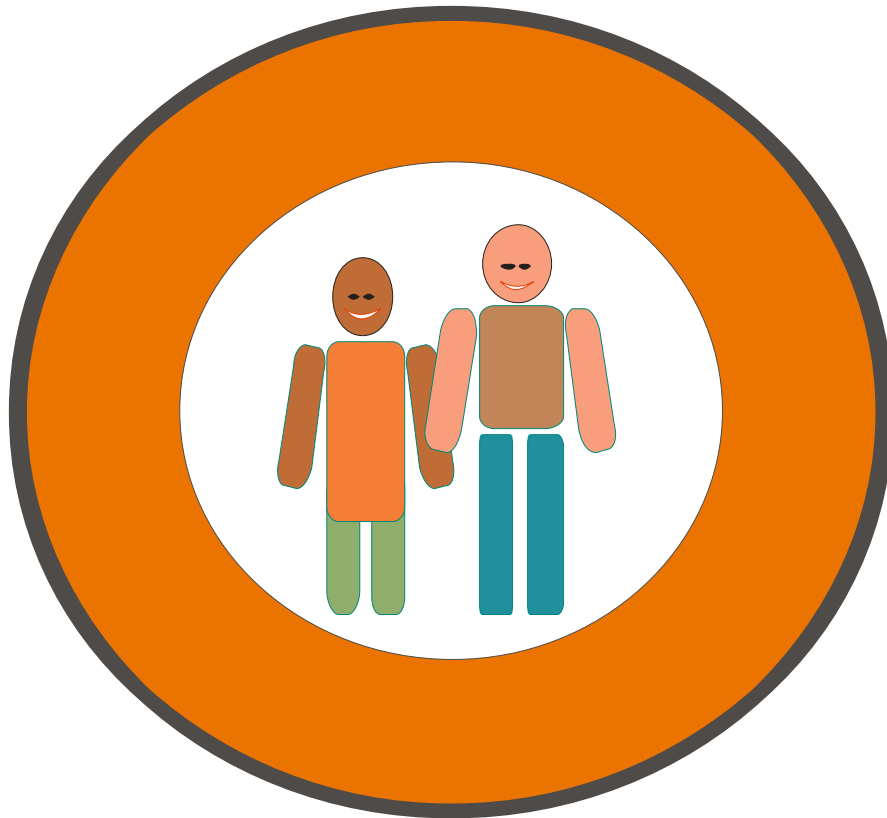
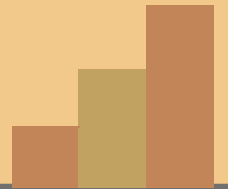


Steps to Successful Training

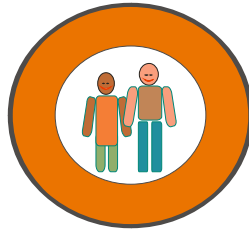
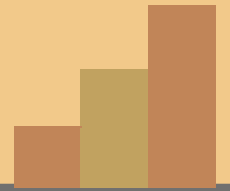


IPP Buddy Training Guide

**Companion Training Guide To The
IPP System And Self-Determination Book**



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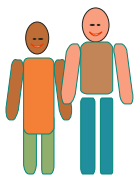


The IPP Buddy



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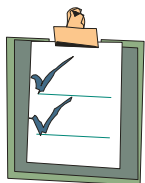
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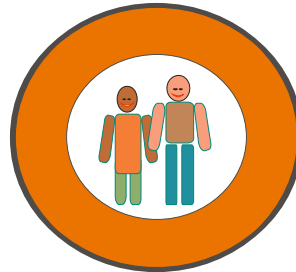
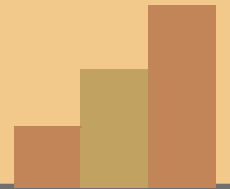
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IPP Buddy Role Play

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The IPP Buddy



What is an IPP Buddy?



An IPP Buddy is a self-advocate who supports another self-advocate.



The IPP Buddy helps a self-advocate develop strong advocacy skills in order to take an active role in deciding what goals are written in his/her IPP Plan.

Goals Of IPP Buddy System



Encourage Self-Determination



Develop and strengthen self-advocacy skills



Make the IPP meeting and plan a more powerful tool



Develop a self-advocate's decision making skills

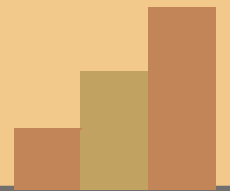


Create a support group of self advocates teaching and helping each other

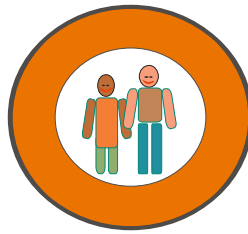


Empower IPP Buddies to teach the IPP Buddy System to other self-advocates

Responsibilities of an IPP Buddy



Before IPP Meeting



Call and meet Self-Advocate one month before his/her birthday.

1. Explain IPP process (in the Self-Determination book)
2. Explain IPP Buddy System (in the Self-Determination book)



Together the IPP Buddy and Self-Advocate

3. Set date, time, and place of meeting
4. Invite IPP Team members (friends, family, professionals)
5. Read the old IPP Plan (if possible) and decide...



What to keep
What to change
What to take out

6. Write IPP Meeting Plan and decide...

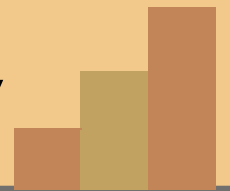


Interests (home, job, recreation)
Write down any old goals that will be kept
Add new goals

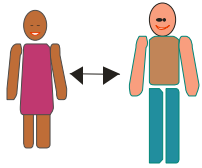
... Write 2 types of goals:

Short-term goal	➔	Now to one year from now
Long-term goal	➔	One year or more from now

Responsibilities of an IPP Buddy

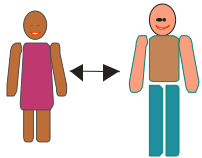


Before IPP Meeting



Talk about what services will help the Self-Advocate meet the goals

- Education
- Training
- Medical
- Life management skills
- Transportation
- Job coaching
- Other _____



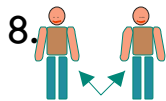
Talk about where to find these services

- Who can help the Self-Advocate reach this goal?
- If you do not know-- ask IPP Team at meeting



Decide which goals are most important

Write a 1 next to the most important goal, a 2 next to the second most important goal, and so on until all the goals are in order



8. Role play the 5 parts of the meeting with Self-Advocate
Ask the Self-Advocate what help they want at the IPP meeting, if any.

Help with:

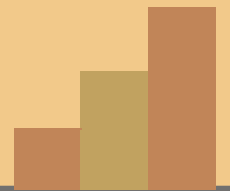
- Starting the meeting
- Introductions
- Reading the IPP Meeting Plan
- Asking others for ideas, help, or comments
- Closing the meeting
- Other _____

7.

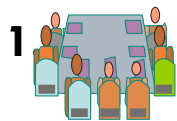
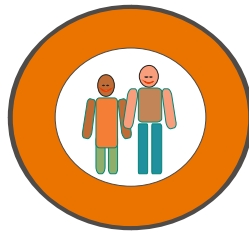


Make copies of the IPP Meeting Plan for IPP Team members

Responsibilities of an IPP Buddy

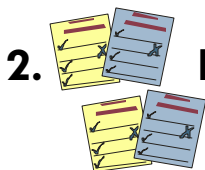
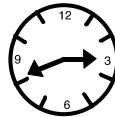


The IPP Meeting



1. Attend Self-Advocate's IPP meeting.

Be prepared and on time!



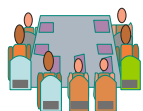
2. Bring copies of the IPP Meeting Plan for IPP Team

3. Encourage Self-Advocate to:



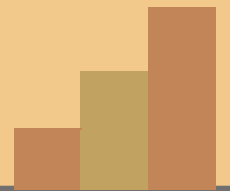
- Lead the meeting
- Tell his/her needs and wants
- Ask for help when needed
- Use the IPP Meeting Plan as a guide

4. Encourage IPP Team members to:

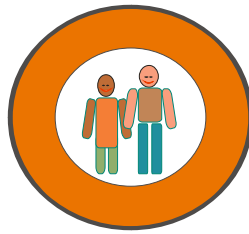


- Listen to Self-Advocate
- Give ideas for goals
- Support Self-Advocate's dreams




Responsibilities of an IPP Buddy



After the IPP Meeting



Follow up meeting with Self-Advocate

-  **1. List what went well in the meeting**
-  **2. List what did not go well in the meeting**
-  **3. List what Self-Advocate would do differently next time**

-  **4. Read written IPP Plan with Self-Advocate**

Have Self-Advocate:

Mark parts of the IPP Plan he/she wants

Cross out parts he/she does not want

Write down anything missing

Sign and return IPP Plan to Service Coordinator



-  **5. More help that may be needed after meeting**

Filing an appeal

Calling service providers

Talking to Service Coordinator

-  **6. Tell how you did as an IPP Buddy**

Do self-evaluation form

Ask Self-Advocate to complete an evaluation form