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

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

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_______________________________________________

Make copies of the IPP Meeting Plan for IPP Team members
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
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