**LA PLUS Assessment and Planning**

**The LA PLUS Assessment:**

* May take up to 1.5 hours – support coordinators will be taking notes, asking lots of questions. This should help them write a better support plan.
* Only people who really know you well should help answer questions for the assessment – having true information is important for the plan!
* The support coordinator decides the appropriate score/rating for the questions
* Part K - Shared supports question: this is asking about risks/supports with using shared supports at home; It is not asking “*Do you want to share?”* or “*Will you share?”*
* Part L - Community Safety Risk question: this is asking about criminal-like behavior (i.e., significant physical aggression/assault, significant property destruction, sexual aggression) that is a significant risk to people in the community. Not all Level 6 people will be identified as having community safety risks. Some people will not be considered a community safety risk if a court said in the past they were competent to stand trial and if they don’t have any orders for supervision.

**What Should be in Your Plan:**

* The plan should include all supports and services that you are getting to meet your needs. This may be a combination of waiver and non-waiver services, including community-based services and natural supports.
* Remember that you have access to waiver services, but you also have access to all of the Medicaid State Plan services like home health, respiratory therapy, applied behavior analysis (for kids) and the behavioral health and crisis support services that are in your Healthy Louisiana plan. Remember, the direct support staff service (PCA/ACS/IFS) will not be able to meet all of your needs. Find the services that will meet each of your needs the best. Your team will help you.
* The plan should have information about when you must have someone with you for support/supervision and when you can safely have time without staff (with ways to lessen any risks). The plan should also talk about if/when you can send staff home early (without a lot of risk). Because it is your plan and your services, and your life, you need to understand what your support needs are and what services would be the best fit for your needs. You get to choose what is in your plan. You get to choose when, where, and how you use services and when you don’t want to use them. But you must also understand what happens, like risks, if you choose not to use services. This is called informed consent.
* Current medical and behavioral health conditions (things that the doctors are focusing on right now) will also be in your plan. For each condition, the support coordinator will also ask about specific symptoms that you deal with, so that any support staff know what to look for and how to help you.
* Communication – this should always be a priority, especially if you do not communicate with words. If you do not use words, there is a Communication Log that can be completed, so that staff know what you might be “saying” with certain gestures, signs, sounds, motions, or facial expressions. If you use technology or equipment (including things like an iPad or a text-to-speech device) or if you use sign language, this information should be in the plan. Your staff and support team members should know how to communicate with you. Ask your support coordinator if you need any help/support for communciation..
* Shared supports – the plan should talk about when you could safely share supports or use other types of waiver services and situations when you really need the 1:1 service. It is also important you know about the advantages and disadvantages of shared supports compared to advantages and disadvantages of other services. This is part of informed consent.
* Even if you have actions/behaviors that present a “community safety risk” – If you are an adult and a legal competent major, your informed consent is still needed for your plan. This means you must still agree to any limits or restrictions put in place, these things cannot be forced on you. Waiver services are voluntary services that you can choose to receive or not receive. But because the state has made promises to keep you and others healthy and safe while you receive waiver services, if you do not agree to some of the limits or restrictions, you and your team will need to work together to figure out how to lessen risk in other ways.
* If you are having trouble with getting good sleep or getting enough sleep, this should be a priority for your plan year. Sleep is very important – it affects your health, your mental health and it can affect how long you live!