

What is a specialized individual plan (SIP)?

A SIP is an advantage if you are receiving help from several different sources; for example, the health care or rehabilitation assistance from the County Administration, and the maintenance support, home nursing or housing support from the Municipal Authority. An SIP is a plan which makes it easier for you to influence

the help which you need and to which you are entitled. It also shows who is responsible for what.

You participate and decide what is to be included in the plan. You can, for example write down what your goals are and what you need in the form of treatment, resources and support to achieve your goals.

What do you do if you want an SIP?

Often, it is one of the persons with whom you have contact in the County or the local Municipal Authority who suggests that you should have an SIP, but you can also suggest it yourself. If you do not want an SIP, you need not have one.

If you decline, you will still receive the care and support which you need.

You decide yourself who is to be responsible for coordinating the plan. It can, for example, be your contact person.

What happens next?

1. When you have decided that you would like to have an SIP; you begin by choosing those persons whom you want to be present to prepare the plan, and a meeting is arranged so that these persons can meet together with you. It is an advantage if all the activities which give you support are present, but you can leave out some activities if you wish. You can also invite relatives, a trustee, the social insurance, the employment office and the school to the meeting. It is important that all those present are given an opportunity to prepare before the meeting.

2. At the meeting, all those present help to prepare your specialised individual plan (SIP). You talk about what you want and what you need.
3. Some time after the first meeting, everyone meets again, and you tell them how the planned support has worked and whether the same goals still apply. If you think that something needs to be changed, you say so. If everything is functioning well, you continue with your plan.
4. If you feel that you no longer need your SIP, you can say so at any time. You and your contacts then cease to work with the plan.

In your specialized individual plan, you and the various activities can write down

- What your needs are today.
- What types of support and help you can receive, what the goals of the help are and when they are to stop.
- What the various activities can do to ensure that you receive the correct support and help.
- Who is primarily responsible for your SIP and who is responsible for what.
- How you and the various activities are going to follow-up and evaluate the support that you receive and how often this is to be done.
- When the cooperation is to cease.

Specialized Individual plan

If you are receiving support and care from several different activities within the Municipality and County Administration, you are usually entitled to a joint plan for what the social services and health care services shall help you with.

You can read more about SIP and what you are entitled to on our web site:

<http://www.1177.se/Vastmanland/Regler-och-rattigheter/Samordnad-individuell-plan-SIP2/>

Specialized Individual plan (SIP)

for those of you in Västmanland who are in need of help in coordinating your contacts with the social services and health care services.

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