

# The Individual Health Plan

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- Essential to achieve educational equality for students with health management needs
- Ensures access to an education for students with special health care needs, whether or not the student is classified as eligible for special education



# What is an Individual Health Plan?

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- A formal written agreement developed with the interdisciplinary collaboration of the school staff in partnership with the student's family, the student, and the student's health care provider(s)



# Why an IHP?

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- Ensures that the school has needed information and authorization
- Addresses family & school concerns
- Clarifies roles & responsibilities
- Establishes a basis for ongoing teamwork, communication, & evaluation



# “Hallmarks” of a Good IHP

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- Contains information, guidelines & standards that promote a student’s health & educational goals
- Avoids unnecessary risk, restriction, stigma, illness, & absence

# Basis for an IHP

IDEA

Sec. 504

ADA

14<sup>th</sup> Amend.

State nursing  
Practice acts

State laws

Equity

Common  
sense

Public health

Inclusion

Safety





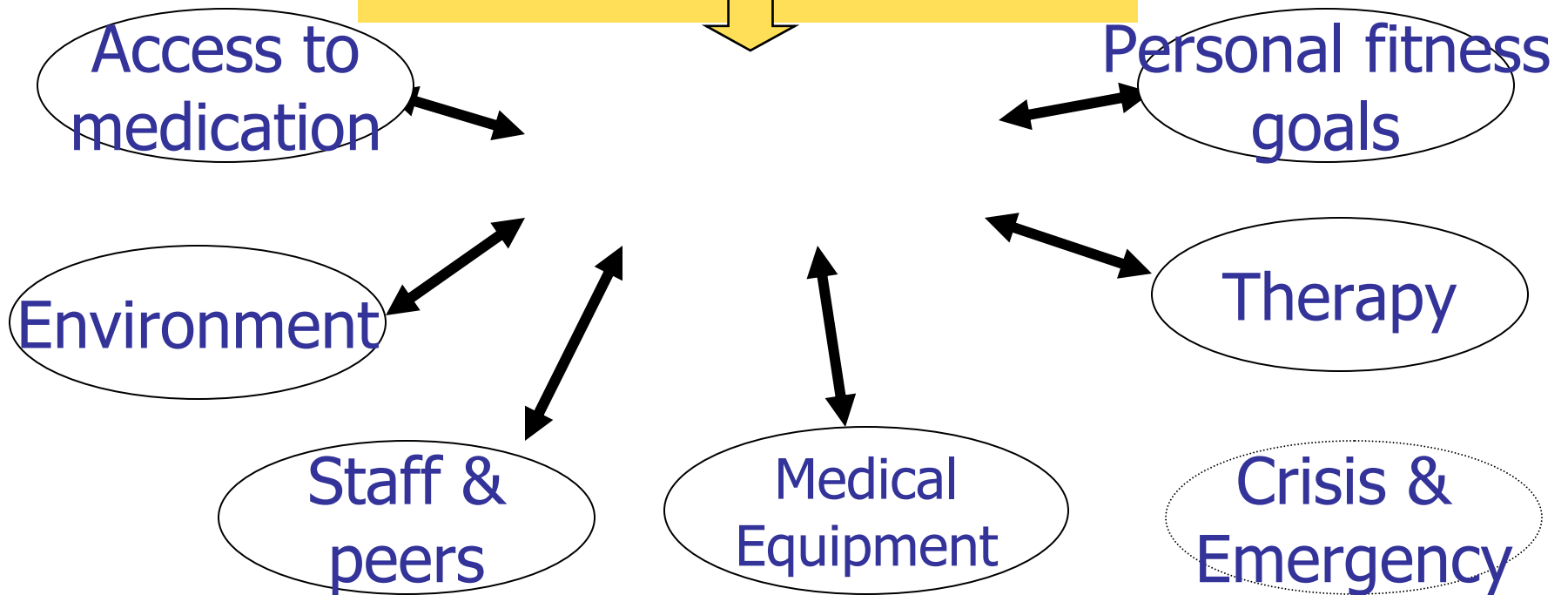
# Benefits of IHP to Schools

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- Protect individual and district liability of school boards & administrators
- Documents compliance with federal and state laws and regulations
- Data from IHPs about individual and aggregate needs facilitates planning for staffing, budgeting, professional development, policies, & cost-effective use of school and community resources

# IHP needs to address:

Collaboration!!





# IHP needs to provide for:

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- Opportunities for collaborative planning & problem-solving among staff & parents
- Coordination of physical, social, emotional & academic goals
- Academic & social continuity
- Achievement of personal fitness goals and safe participation in physical education, sports, field trips and other special events



## IHP needs to provide for:

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- Staff training & peer sensitization
- Environmental controls (maintaining air quality, elimination of irritants, allergens, & toxic hazards)
- Medically timely & convenient access to medication at all times
- Individualized crisis & emergency management



# Need for an IHP

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- Every student with a health impairment or physical disability needs documentation of their needs and the services to be provided through an IHP
- The IHP clarifies the provision of medication, monitoring of health status, & other aspects of health management



# Who might need an IHP?

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- Students with:
  - Asthma
  - Serious allergies
  - Chronic conditions
  - Physical disabilities
  - ADD/ADHD
  - Medication needs
  - Need for catheterization
  - Need for toileting assistance



# What are the consequences of not having an IHP?

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- Students can't reliably access medication as needed
- Staff do not understand the precautions necessary to avoid hazardous or life-threatening situations
- Staff can't assist students to overcome obstacles to participation & achievement



# Other negative consequences

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- Student absences may increase
- Student absences & poor performance may be blamed on the child or family
- Student health deteriorates
- Student lives may be threatened
- Other students may also suffer



# Developing the IHP

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- Speak with your child's health care provider(s) about your child's school experiences and the potential threats to their health in the school environment
- Seek information from your child's health care provider(s) about your child's specialized needs in the school environment



# Developing the IHP, continued

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- Request that your child's health care provider(s) document your child's needs and necessary supports, services, etc. in writing to share with the school
- Request a meeting with your child's school to discuss development of an Individualized Health Plan



# Developing the IHP, continued

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- **Special Education:**
  - If your child is receiving special education services, incorporate the information relating to the IHP into the IEP meeting
  - Request that the IHP services be included as part of the IEP
  - Ensure that the IHP section of the IEP be shared with all relevant staff & administrators



# Developing the IHP, continued

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- Special Education, continued
  - If your child is not currently receiving special education services, consider whether your child may be eligible for special education services (for example, Other Health Impaired; Physical Disability)
  - If appropriate, request an evaluation for special education services. Ensure that your child's health issues are evaluated.



# Developing the IHP, continued

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- Section 504:
  - If your child's special health care needs significantly impact your child's daily activities (learning, breathing, seeing, walking, etc.) in the school environment, request a Section 504 evaluation
  - Meet with the 504 team to share information on your child's special health care needs & develop a Section 504 plan that incorporates an IHP



# Developing the IHP, continued

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- Other:
  - If your child's special health care needs do not require special education or a Section 504 plan, ask to meet with the appropriate school or district staff to discuss an IHP
  - Share the information from your child's health care provider(s)
  - Identify key times of day, activities, places, etc. that require special attention



# Developing the IHP, continued

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- Develop the IHP containing:
  - Description of your child's special health care needs & how they are impacted by the school environment
  - Description of the specific services, supports, etc. that will be provided to your child to address their special health care needs



# Developing the IHP, continued

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- Identification of parties responsible to provide services, supports, etc.
- Description of training/professional development needed and how and when it will be provided
- Specify ongoing services as well as protocols for emergencies
- How and how often will the family be informed of status of implementation?



# Developing the IHP, continued

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- Describe the responsibilities of all parties, including principal, school nurse, teacher, aide, family, and student, including back-up plans when the trained teacher is absent, etc.
- Set starting date for implementation
- Set dates for periodic review of the plan to ensure it is effective



## Once the IHP is developed:

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- Sign and date the IHP document
- Copy the IHP document
- Disseminate the document to all relevant school and district staff, family members, student if appropriate
- Meet as needed with staff who have responsibilities under the IHP to explain their responsibilities & set training



# Provide follow-up

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- Ensure that training is provided
- Ensure the IHP is being implemented
- Contact appropriate staff periodically to ensure plan is working
- Check with your child frequently
- Keep your child's health care provider(s) informed
- Inform your school of any changes
- Update the IHP at least annually