THE INDIVIDUAL HEALTH PLAN (IHP)

What is an Individual Health Plan?
A written plan to help students with significant health needs be successful learners, developed in partnership with the school staff, the student's family, the student, and the student's health care provider(s).

Why an IHP?
- Documents and ensures support for students with health impairments or physical disabilities, regardless whether a student has an ILP or IEP
- Ensures that the school has needed information and authorization
- Addresses family and school concerns in a common format
- Clarifies roles and responsibilities and establishes a basis for ongoing teamwork, communication, planning and problem-solving
- Clarifies provision of medication, monitoring of health status, and other aspects of health management
- Avoids unnecessary risk, restriction, stigma, illness, and absences
- Protects individual and Diocese from liability by documenting good faith effort to accommodate student needs
- Documents compliance with applicable federal and state laws and regulations
- Coordinates physical, personal, and academic goals with realities of student's health condition
- Ensures safe participation in physical education, sports, field trips and special events
- Clarifies necessity for staff training and peer sensitization
- Clarifies necessary environmental controls (e.g. reduction of irritants, allergens, and toxic hazards)
- Timely and convenient access to medication at all times
- Individualized crisis and emergency management

Who might need an IHP?
Students with asthma, serious allergies, chronic conditions, physical disabilities, ADD / ADHD, medication needs, or other health needs that significantly impact student learning

What are the consequences of *not* having an IHP?
- Students can't reliably access medication as needed
- Staff does not understand the precautions necessary to avoid hazardous or life-threatening situations
- Staff can't assist students to overcome obstacles to participation and achievement
- Student absences may increase
- Student absences or poor performance may be blamed inappropriately on the child or parents or on school employees
- Student health is endangered

How should parents assist in developing an IHP?

- If your child's special healthcare needs significantly impact your child's daily activities (learning, breathing, seeing, walking, etc.) in the school environment, request a meeting with your child's school's health team to discuss development of an IHP, regardless whether your child already has an ILP or IEP.
- Share information on your child's special healthcare needs with the IHP team.
- Request that your child's healthcare provider(s) document your child's health issues and potential problems, necessary supports, services, etc., in writing.
- If your child is receiving special education services, request that the IHP services be included as part of the IEP and are shared with all relevant staff.
- If your child is not receiving special education services, consider whether your child may be eligible for services (e.g., Other Health Impaired; Physical Disability).

What should the IHP include?

- The child's healthcare needs and how they are impacted by the school environment
- The specific services, supports, etc., that can be provided to the child to address their special healthcare needs as well as any protocols for emergencies
- Parties responsible for providing services, supports, etc.
- Training/professional development needed and how and when it will be provided
- Responsibilities of all parties, including principal, counselor, nurse, teacher, aide, family, and student, including back-up plans
- Starting date for implementation and dates for periodic review of the plan
- Signatures and dates
- Annual review and update