Coordinated Individual Plan

When you need health and social care from both Region Skåne and your local authority, the assistance you require needs to be coordinated. You are thus entitled to a Coordinated Individual Plan (in Swedish Samordnad Individuell Plan, SIP). A SIP describes the support and assistance that need to be coordinated based on your needs and your current life situation. The plan is drawn up at a meeting together with you and the people you wish to attend.

What is SIP?
An SIP describes how different providers will together cater for your health and social care needs. The starting point of the plan is what is important to you in your life. Based on your personal goals, medical assistance and other support will be planned and coordinated.

The purpose of the plan is that you receive the coordinated support and the health and social care you are entitled to and need. The objective is that you receive support and help in such a way that you can return to as normal and independent a life as possible.

The plan will provide a comprehensive picture of what health and social care and other assistance you will receive. There will be clear goals set for the assistance you need. The plan also states who is responsible for what and how the assistance and plan as a whole will be monitored.

How is an SIP done?
When an SIP is to be done, the people who are responsible for different interventions are gathered to plan your health and social care together with you. The people who participate depend on your needs. If you wish you can also bring a relative with you. The meeting can take place at your home or at another suitable location.

When those responsible for your health and social care make the plan, they need to provide information to each other about your health and your needs. They can only do this if you have given your consent. After the meeting you receive the completed plan, which is called an SIP.

How to prepare yourself
In order for your SIP to be as good as possible, consider any questions you may have before the planning meeting:
- What is important to you in your life and the situation you are in?
- What personal goals do you have?
- Does the assistance you receive today fit in with what you need to feel comfortable and achieve your goals?
- Do you know who you can contact if you have questions or if your state of health should change?
- Do you, or perhaps your relatives, have any other questions?

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