

Coordinated individual plan (CIP)

A coordinated individual plan, CIP, allows you to participate more in the planning of measures needed after you leave the hospital. A CIP helps all those involved to coordinate better – it becomes clear who is doing what in your continuing care, and we create a comprehensive picture for you, your family and your carers. CIP meetings always set out from what you think is important, and are usually held after you have been discharged from hospital.

The first step towards a CIP is the coordination meeting

The first step towards a CIP is for you, your permanent care contact, and your municipal case worker to have a coordination meeting where you decide together who should participate in the upcoming CIP meeting. Participants might include your family, the social services, the medical care centre, habilitation services, and representatives from school or Försäkringskassan. In order for your home municipality to provide support, you need to apply for measures, which you also do at the coordination meeting. All you have to do is describe what you think you will need help and support with.

In preparation for the coordination meeting we have included a number of questions below, for you to think about beforehand.

Time and place for coordination meeting

Date:

Time:

- Meeting via video link
- Meeting in person here at the ward

Questions before the coordination meeting

- Did you find any everyday tasks difficult to manage before you were hospitalised? If so, what tasks were they?
- Do you think some everyday tasks will be difficult for you to manage after you have been discharged from hospital? If so, what tasks are they?
- Is there anything in particular you are wondering about after having been discharged from hospital?
- These things are important to me:
- If we book a CIP meeting, where would you like it to be held? The best place is usually in your home, but it can also be at the ward, at the home of a family member or similar.
- What issues would you like to talk about at the CIP meeting?
- Who do you think needs to be present at your CIP meeting?
- In your opinion, what is the main reason that a CIP meeting is needed?