

Coordinate Services

to Support Healthy Outcomes for Children with Intellectual and Developmental Disabilities

The demands of coordinating services can be overwhelming. Improving communication and coordination between professionals can reduce the burden on families and increase healthy behaviors for children with I/DD.



Guidelines for improving communication and coordination to support children and families.

- Increase your awareness of the challenges to eating healthy and being active for children and youth with I/DD and their families.
- Become familiar with special education laws, guidelines, and personnel.
- Increase your knowledge of MaineCare funded services and personnel.
- Recommend goals and services that promote healthy eating and physical activity in a child's education and service plans.
- Use consistent goals and strategies across all education, behavior, and service plans.
- Track and adjust goals and strategies in a child's education and service plans to reflect any changes in a child's health and educational needs.
- Participate in planning meetings with the rest of a child's team whenever possible.
- Rotate the location of planning meetings between the offices of different team members, such as the school, health care practice, and community service providers' offices to increase participation.
- Use the same terminology and respectful language as the rest of a child's team when talking to and about a child with I/DD.
- Call on liaisons who understand different settings to explain and share information about a child's needs. For example: In schools a liaison might be the school nurse or social worker. In healthcare practices there may be a designated member of the team who helps coordinate services for complex patients.