

# Individual Health Plan

A “medical home” is a continuous, collaborative approach to providing comprehensive, high quality primary care. The medical home model helps ensure access to healthcare in the community, including educational settings. When a child with special health care needs attends school, an Individual Health Plan may be necessary for the student’s health and safety.

## **What is an Individual Health Plan (IHP)?**

The IHP is a written document designed to meet the child’s medical needs while at school. It provides school personnel with medical information about the child, identifies the child’s health needs during the school day and identifies medical services to meet those needs, and authorizes the school to implement the plan. It may also include an emergency medical plan, as well as student goals to increase self-direction around medical care.

## **Does my child need an IHP?**

A student whose healthcare needs affect academic performance or school attendance needs an IHP. The IHP helps ensure academic success by providing medical services throughout the school day. Even if the child already has an Individualized Education Plan (IEP) or a 504 plan, an IHP may still be necessary.

## **Who is responsible for developing an IHP?**

The parent/guardian, student, doctor, and school nurse work together to develop the IHP. Doctors may have forms for specific health conditions; these forms require the doctor’s signature and are included in the IHP. The IHP should be updated at least annually and whenever a change in the child’s healthcare needs warrants a revised plan of care.

## **Who is responsible for implementing the IHP?**

The IHP specifies the roles and responsibilities of school personnel in implementing the IHP throughout the day, including when the student rides the bus to/from school, participates in before/after school programs, and attends field trips. All school personnel responsible for implementing any portion of the IHP must be sufficiently trained to provide the designated service.

## **IHP Resources**

PACER Center offers sample plans for emergency care and specific health conditions, including asthma, diabetes, and seizures. PACER also provides templates for a general health plan and an Emergency Care Plan. Visit <https://www.pacer.org/health/samplehealthplans.asp> for more information.

Federal laws such as the Individuals with Disabilities Education Act (IDEA) and the Americans with Disabilities Act (ADA) protect children with medical issues from disability discrimination at school. If your child’s rights are at risk, see our [Fact Sheet](#) titled “Legal Resources” for additional information on legal resources that may be available to assist your family.

If you believe your child may qualify for special education services, such as an Individualized Education Plan or a 504 plan, contact your local school district in writing to request an educational evaluation. For more information on special education services, visit [INSOURCE](#) or call 1-800-332-4433. For more information on supports and services for children with special health care needs, contact Indiana Family to Family at 1-844-323-4636 or visit <https://www.inf2f.org/>.

Programs and systems change often. It is important to ensure that you are using the most current information. This fact sheet was updated January 2024. Please check <https://www.inf2f.org/fact-sheets.html> for the most recent edition.

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information,  
contact Indiana  
Family to Family.

1-844-343-4636

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