FOR FAMILIES · CARE PLAN MEETINGS

KG

Before the care plan meeting, *pick three.*

A half-hour meeting can absorb about three real issues. Rank them, bring specifics, and leave with what was agreed written into the plan.

YOUR THREE ISSUES, MOST IMPORTANT FIRST

1

THE SPECIFICS: WHAT HAPPENED, WHEN, HOW OFTEN

2

THE SPECIFICS: WHAT HAPPENED, WHEN, HOW OFTEN

3

THE SPECIFICS: WHAT HAPPENED, WHEN, HOW OFTEN

"She has fallen twice getting to the bathroom at night" moves a plan. "I'm worried about her safety" does not.

BEFORE THE MEETING

- ☐ Ask for the current care plan, and read it first.
- ☐ Write down what home looks like: stairs, bathrooms, who is there overnight.
- ☐ Ask for a time when your family member is at their best.
- ☐ Can't be there in person? Ask to join by phone or video.
- ☐ Name anyone you want included, such as an outside advocate.

IN THE ROOM

- ☐ What is the discharge target, and what would move it?
- ☐ Ask each discipline for one number: distance walked, assistance level, meal intake.
- ☐ Say what you can and cannot do at home.
- ☐ Ask for anything agreed to be written into the plan.

YOUR RIGHTS · 42 CFR § 483.10(c)(2)

You can **request a meeting**, **name who is included**, **help set the goals** and the type, amount, frequency and duration of care, **be told of changes in advance**, and **see the plan and ask for revisions**. These rights apply to the resident and to their representative.

IF YOU DISAGREE

Name the specific item, not the overall impression. If it is not resolved, ask for the disagreement to be documented, or bring in an ombudsman, who can attend with you. If coverage is ending, that is a formal appeal with its own short deadline. A resident may also decline a treatment or service; the plan should record that choice.

AFTER THE MEETING

DATE	WHO ATTENDED	WHAT WAS AGREED, AND WHERE IT LIVES IN THE PLAN

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Scan or visit · kevineugenegroh.com/rehab/what-is-a-care-plan-meeting/

General education, not medical or legal advice. It does not create a patient–provider relationship. Practices vary by facility.
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