

Family Care Plan

What is a Family Care Plan?

A Family Care Plan is a useful tool that helps you keep track of the services you are using, and to find new services and programs. A Family Care Plan is for people who are pregnant or who are the parents of a new baby. A Family Care Plan is also sometimes called a Plan of Supportive Care or a Plan of Safe Care.

Who needs a Family Care Plan?

A Family Care Plan is a helpful guide for all new parents and babies. A Family Care Plan is required for babies exposed to drugs and/or alcohol before birth.

When should a Family Care Plan be started?

It is best to start a Family Care Plan during pregnancy to help new parents connect to services and supports that they may need now and after their baby is born. A Family Care Plan is required to be completed after the birth of a baby who was exposed to drugs and/or alcohol in pregnancy including prescribed medication for a substance use disorder.

Who makes a Family Care Plan?

You can start or change your Family Care Plan with the help of people on your care team. A care team is a group of professionals who are caring for you and your baby. Some examples of people who might be on your care team include:

- Doctors
- Midwives
- Nurse Practitioners
- Nurses
- Social Workers
- Mental Health Providers
- Case Managers
- Recovery Coaches
- Parenting Coaches
- Home Visitors
- Addiction Treatment Providers
- Other Caregivers

Who should I share my Family Care Plan with?

During your pregnancy, your Family Care Plan can be shared and worked on together with your care team. Once you're discharged from the hospital, a copy of your plan will be given to your baby's pediatrician/primary care provider. Your Family Care Plan belongs to YOU. This means you choose who else you want to share your plan with. We encourage you to share with everyone on your family's care team so that they can help you as you continue in your own care and your baby's care.