A Qualified Intellectual Disabilities Professional is someone who works for an intermediate care facility. Sometimes they are called a QIDP or just Q.

If you live in an intermediate care facility your Q can help you get the services you need to live your life.

Services can be things like
• help getting dressed,
• help taking medicine,
• help getting places,
• or learning how to do new things.
The services that you want are written down in a service plan.

Your Q helps make your service plan.

Every ICF is different. Usually people who work at your ICF can help you most of the services you need everyday like

- help taking medicine,
- help taking a shower,
- or help getting dressed.

If you live in an intermediate care facility, you should meet with your Q at least one time every year.