

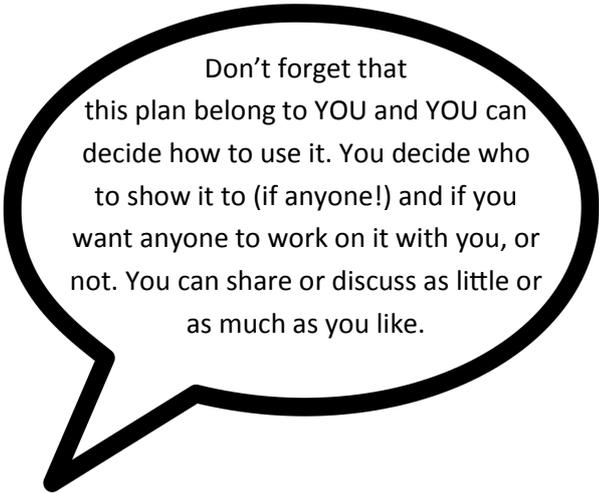
Planning for Crisis

This self-designed plan, also known as an Advance Statement, explains what I would like to happen if I were to ever fall into crisis, so others know what I wish to happen during that time. It explains the signs that would let others know they need to take over responsibility for a while about my care and decision making, who I want to take over for me and support me through this time, my healthcare information, a plan for being at home during this time, things that others can do to best help me and things that they might choose to do that isn't helpful. This kind of proactive planning in advance will help me feel in control even when it might not seem like it. This plan also explains what I would like to happen post-crisis as well.

PLAN
CARE
DESIRE
CHOICE
ASPIRATION
PROSPECT
CHALLENGE
INCLUSION
CAMPUS
GOALS
SUPPORT
HOPE
GROUP
SPIRIT
STUDENT
LEARNING
FRIENDSHIP
LIVED-EXPERIENCE
PARTICIPATE
TOGETHER
CONTROL
SHARE
SKILL
PEER

HUMBER **CO-PRODUCTION** **RECOVERY** **COLLEGE**

FORWARD
TOGETHER
RECOVERY



Don't forget that this plan belong to YOU and YOU can decide how to use it. You decide who to show it to (if anyone!) and if you want anyone to work on it with you, or not. You can share or discuss as little or as much as you like.

Name: _____

Today's Date: _____

This plan takes over from any other plans with earlier dates.

What to do with this booklet:

You can do whatever you like with this booklet, but here are some suggestions...

- Decorate the front page! Make it as special as you are! Feel free to decorate it on the back too!
- Be proud of it. You've taken the time to plan how best to help yourself, and that absolutely deserves a pat on the back!
- Keep it in a safe space where it can be easily accessed by you or your supporters
- Update it regularly—scribble bits out and add bits in if you need to, just make sure you sign any changes

When I've completed my plan (which I can still change/update/ scribble all over at any time! - don't forget to sign/initial and date any changes and send updated versions to the people it involves if it does get changed!), **I will keep it somewhere safe where I know I am going to be able to get it easily if I need it.**

Where can I keep this where it will stay safe but is still easily accessible if it's needed?

Who am I going to tell about this plan, and where it will be (just in case I'm not well enough to remember myself)?

There are some things to consider when writing my personal crisis plan:

- a) What I'm like when I'm well (to make it clear to others what 'well' is
- b) The signs/symptoms that show I'm in a crisis so others know they need to take over for a bit
- c) Listing the people who I want to take over certain things
- d) Listing anybody or services you do NOT want involved
- e) Outlining how you want disputes/differences of opinions to be sorted out
- f) Listing preferred, acceptable medications to be used in case of medications, and the ones that are unacceptable to you and why

You

What am I like when I am well?

(this is to give you and those supporting you a baseline to work from, and better understanding of what it means for you to feel well. Be as specific as you can. What do you do? How do you feel? How are you with other people?)

What symptoms do others need to watch out for which indicate that they need to take over for me?

(How do others know they need to take over some or full responsibility for your care and make decisions on your behalf?)

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Is there anything else that might suggest you're not well?

Your Supporters

Who are my support team?

(These are the people who you want to take over for you when the symptoms listed opposite are obvious and you probably need a hand. They can be family members, friends, healthcare professionals, or anyone else who you know has your best interests at heart. Have a list of at LEAST five people on your back-up team.)

Name	Connection	Telephone Number
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		

How do I want disputes to be settled?

(It's only natural to think your supporters may have different opinions about what would be best for you. It might help them, however, if you describe how you would want any possible disputes sorted—maybe the majority might have to agree, or a particular person has final say? Or maybe two particular people need to come to an agreement? What do you think would be the best way forward?)

Is there anything else that you want your supporters to know?

Is there anyone you DON'T want getting involved with your care/decisions?

(There might be family members or friends or healthcare professionals that have made decisions that were not according to your wishes in the past. Maybe there's particular services or teams who you don't want getting involved if it can be helped. They could inadvertently get involved if you do not include the following)

Person	Why you don't want them involved (optional)

My notes and Ideas:

Medication

These are the people already involved in my care:

	Name	Phone Number
My GP is:		
My Psychiatrist is:		
My Care Coordinator is:		

Where do I normally collect my prescriptions?

Name of Pharmacy:

Address:

Phone number:

These are the medications are acceptable to me if medication or additional medications become necessary

Name of Medication	Why I want to avoid this medication

These are the medications that must be avoided

Name of Medication	Why I want to avoid this medication

Treatments

These treatments may help [reduce](#) my symptoms:

Treatments that may help:	When they should be used:

These are the treatments I want to [avoid](#):

Treatments that I want to avoid:	Why these treatments should be avoided:

Staying in the Community

When possible, what is my plan so I can stay at home or in the community and still get the care I need?

(If you are ill do you want to stay at home? Another safe place? In the community at a respite home, and if so, where are your preferences? How about the Community Mental Health Teams? Where would you like to meet services/teams if you need to see them?)

Service or Help that I desire	By who?	Other Details

Rapid Response Team (Hull and East Riding) - 01482 301 701

7 days a week, 24 hours a day

How else can I get the care/support you need in the community?

Hospital

These are the places I prefer to be treated or hospitalised if that becomes necessary:

Name of Unit/Ward/ Place:	Location	Other Details

These are the places I want to avoid if treatment/hospitalisation becomes necessary::

Name of Unit/Ward/ Place:	Location	Other Details

Help from Others

These are the things that others can do for me to help reduce my symptoms or make me feel more comfortable when I'm in crisis:

-
-
-
-
-
-

Are there any other things I would like others to do?

(This might not be the big responsibility type things you talked about earlier, but might be the little things that can make a big difference instead, such as washing clothes, or bringing sweets, or someone who rings you every day)

What I need done	Who I would like to do it

What are the things that others might do (or have done in the past) that would not help or even worsen my symptoms?

-
-
-
-
-
-

My notes and Ideas:

If I am in DANGER

**If I am in danger, where my behaviour
endangers me or other people, I want my
supporters to:**

Crisis Plan Statement

You can help ensure your crisis plan will be followed by signing it in the presence of two witnesses. It is not legally binding, but will further increase its potential for use if you identify your supporters and name people who are prepared to back up your needs and preferences. It will further increase its potential for use if you appoint a name a durable power of attorney, an agent to act on your behalf.

I, _____ developed this plan on
____/____/____ (date) with the help of
_____ (optional).

This plan takes over from any previous plans with an earlier date, and any plan with a more recent date takes over from this one.

Signed:

Print name:

Date:

Witness 1 name:

Witness 1 signature:

Date:

Witness 2 name:

Witness 2 signature:

Date:

Power of Attorney name (if you have one):

Signature:

Date:

Post Crisis Planning

Despite your best efforts at caring for yourself and working with others, you still go through a crisis—do not beat yourself up; this is not the end of the world, nor does it mean that you cannot recover or that you've gone 'backwards' in your recovery journey. Relapse is a 'normal' part of the Recovery. Don't forget, Recovery is a process you can go back to at any time and after any experience, no matter how bad it might have felt. Best thing to do is to reflect and learn from it. Some can do this alone, but most of us are greatly helped by having someone we trust to turn to, and talk it over together.

After a crisis you might be absolutely exhausted and badly shaken, so take your time and reflect when you're ready and willing to make sense of it (this might be two weeks or so, depending on when you feel ready). When you feel you are no longer in the post-crisis time, you could go back to using your Day-to-Day maintenance plan, if you have one.

Talk and think through what has happened, and compare this with the crisis plan you have written so far. There's a list of questions on the next few pages to have a think about—maybe write your responses down?

It would be helpful to fill in the first page now so you have a brief overview plan post-crisis, and there's a few other boxes it could be a good idea to complete sooner rather than later.

Post-Crisis Overview

How will I know I am 'out of crisis' and ready to start thinking about a post-crisis plan?

How would I like to feel once I've recovered from a crisis?

(You could refer to the earlier sections in your Crisis Plan, although this might be different from what you feel like when you're well—your perspective may have changed in the crisis)

Who would I like to support me if possible during a post-crisis time:

Name	Phone Number	What I need them to do

Questions to ask myself Post-Crisis

Recently/About to be Discharged:

If I am being discharged from a treatment unit/ward/hospital , do I have a place to go that is safe and comfortable?

If no, what do I need to do to ensure that I do have a safe and comfortable place to go?

If I am being discharged from a treatment unit/ward/hospital, do I have a place to go that is safe and comfortable?

If I have been hospitalised, my first few hours at home are very important.
Will I **feel safe** and **be safe** at home?

If no, what do I need to do to ensure that I will feel safe and be safe at home?

Who would I like to take me home? *(This could be one or two people)*

Who would I like to stay with me at home? *(This could be one or two people)*

What would I like to do when I get home?

What sort of things could be put in place to make it easier for me to return home? *(This could be things like making sure there's food or milk in the fridge, or tidying up a bit)*

What are the things I must take care of as soon as I can?

What things can I ask someone else to do for me? Who can I ask?

What things can wait until I feel better, when I'm out of this post-crisis stage?

What do I need to do for **me** each day whilst I'm in recovery?

What things do I **need** to for myself every day whilst I am recovering from crisis?

What things **might** I need to do for myself every day whilst I am recovering from crisis?

What do I need to avoid whilst I'm recovering from crisis? *(This might include people, places or things)*

Knowing Me:

What are the signs that I may be beginning to feel worse?

What wellness tools can I do if I start feeling worse?

What can I do to prevent further repercussions from this crisis? When will I do these things?

Relationships:

Who are the people I need to thank for their support during this crisis?

When will I thank them?

How will I thank them?

Are there any people I need to apologise to?

When should I apologise?

How will I apologise?

Are there any people I need to make amends to?

When should I make amends?

How will I make amends?

Responsibilities:

Are there any medical, legal or financial issues that need to be resolved? How can I resolve it?

Are there things I need to do to prevent further loss? *(This might include cancelling credit cards, getting official leave from work, cutting ties with destructive friends etc)*

My notes and Ideas:

After the post-crisis:

What signs show that my post crisis period is over ? When will I know I can return to using my Keeping Me Well plan (if you have one)?

Are there parts of my Crisis Plan (and/or my 'Keeping Me Well' plan, if I have one) that didn't work out as well as I hoped?

Will there be any changes to my crisis plan that might ease my recovery?

Are there any changes I want to make about my lifestyle or life goals?

What have I learnt about myself and others through this crisis?

Are there any changes that I want or need to make in my life as a result of what I have learned?

If so, when and how will I make these changes?

Resuming Responsibilities

It is important to develop plans for resuming responsibilities that others may have had to take over or that did not get done whilst I was having a hard time.

For each responsibility, have a think about:

- What is the responsibility?
- Who has been doing this for me?
- Whilst I are resuming this responsibility, what do I need to do to help myself, or ask others to do so it's a bit easier for me?

My notes and Ideas: