

Covid-19

Emergency planning for families – templates and tips

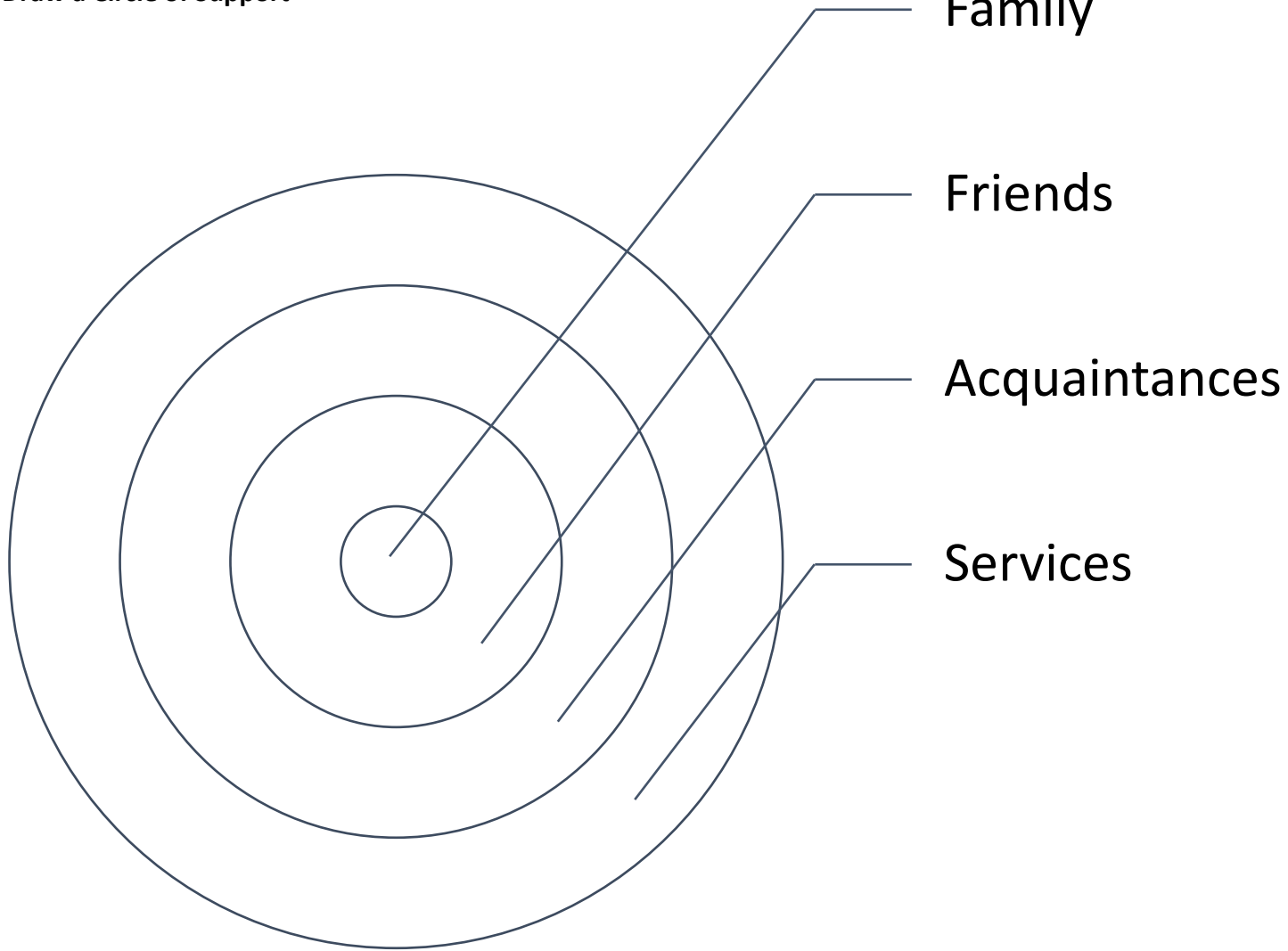
Starting an emergency plan

Try dividing support tasks into groups so you can see what needs to be done and prioritise

1. Essential	2. Important	3. Can live without it in a crisis
<i>Write detailed support plans and instructions for these first</i>	<i>When you have the essentials covered, do these</i>	<i>Create detailed plans for these last. Don't feel guilty.</i>

Who can help?

Draw a Circle of Support



Family

➤ List people

Friends

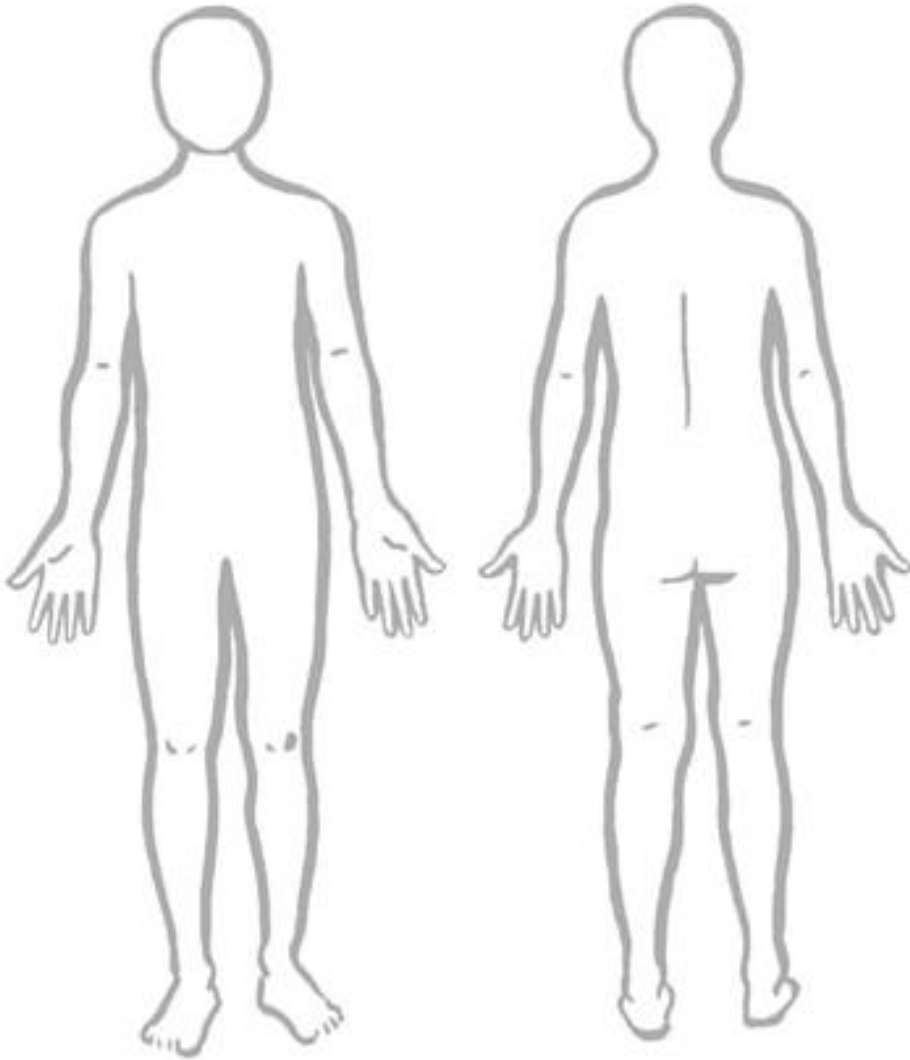
➤ What can people help with?

Acquaintances

➤ Ask for what you need – be specific

Services

A top to toe plan



- Use a body map to list every little thing you need
- What are the basics? The little things you do and need without thinking?
- Ask all relevant people to add to the list

Things that help

- A great introduction to an emergency guide to who someone is and what they need
- List of emergency contact numbers – include who they are and how they can help
- List of alternative things to do such as favourite films, music, favourite treats
- Share your emergency plans widely. Only you know who needs them

Notes:

Extra notes

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