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

<table>
<thead>
<tr>
<th>1. Essential</th>
<th>2. Important</th>
<th>3. Can live without it in a crisis</th>
</tr>
</thead>
<tbody>
<tr>
<td>Write detailed support plans and instructions for these first</td>
<td>When you have the essentials covered, do these</td>
<td>Create detailed plans for these last. Don't feel guilty.</td>
</tr>
</tbody>
</table>
Who can help?

Draw a Circle of Support

➢ List people
➢ What can people help with?
➢ Ask for what you need – be specific

Family

Friends

Acquaintances

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