



Emergency planning with families during COVID 19

Proving life can get better

Aims of the emergency plans

- To describe what kind of emergency can reasonably be predicted
- To create a basic plan with families that can be shared with relevant people that includes contact detail and essential support needs as a minimum
- To ensure people have a hospital passport and a one page profile
- To be solution focused



Who will we plan with?

- Older parents/siblings supporting their relative at home who:
 - Have no plans in place for ‘what if?’
 - Have little or no extended family involved
 - Are isolated from support networks
- Families who support their relative at home who are younger but have health vulnerabilities
- Anyone else who needs it depending on our capacity



How will we plan?

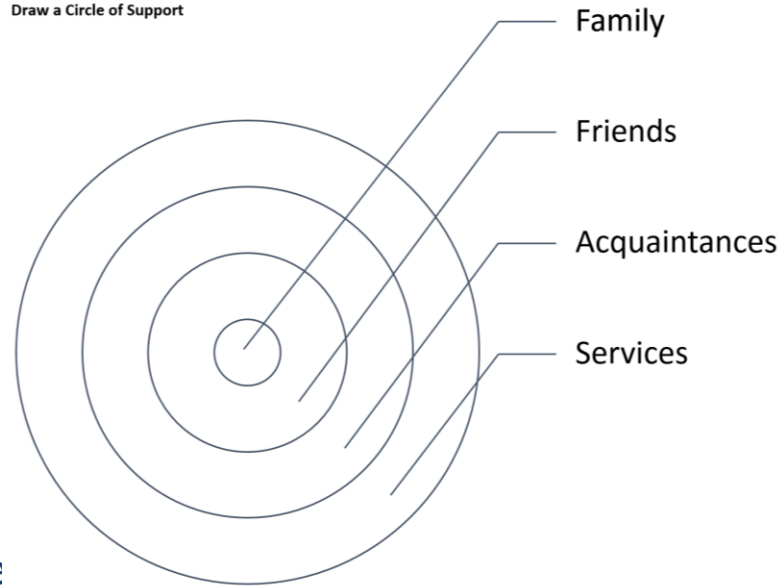
- By phone or Skype/any video platform.
- In short sessions, maximum 30 minutes each to allow time for people to complete one element of planning at a time.
- We will support each other to plan first (think airplanes and oxygen) and share what we learn for helping others



Where to start!

- Who can help?
- Remind families:
 - People love to help
 - It's ok to ask and for people to say no
 - This is an emergency, set your pride aside!
- What can they offer?
 - people might feel better if you can make an offer,
 - A phone call
 - Bake a cake etc.

Draw a Circle of Support



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



Homework for families

- Fill in your emergency contact list and send it to your contacts, e.g. family, friends and services you are in touch with.
- Leave a copy in your hallway and have spares to give to the doctor or ambulance should you become unwell

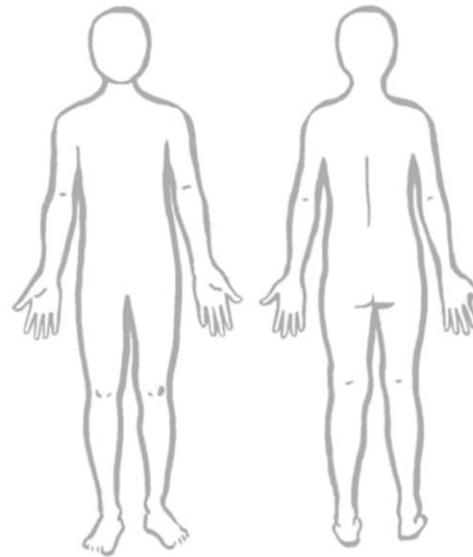
Name	Contact details	How they can help

- Remind people to check with family/friends before putting them on the list!

Creating a support plan

- Families support people so naturally it is hard to remember everything that contributes to a good life
- A 'top to toe' plan helps get everything out of the head and onto paper
- Ask people to go through the day/week/month and think of everything they do
- Remind them to include:
 - Prompts
 - Indirect tasks like shopping, cooking and putting clothes away

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



Homework for families

- Use the top to toe jotter to note everything you do
- Put all the tasks into categories:

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

Top tips

- Help people sort out what's *important for* their relative (the things that keep them healthy, safe and valued) from what's *important to* their relative (the things that make them happy and bring quality of life)
 - Focus plans on important to initially as this is a crisis situation
- Support families to create a one page profile for their relative. You will probably need to type it up and post it to them
- Communication charts for people with PMLD or challenging behaviour
- Use the 'at home' resources on the Dimensions website to help them plan alternative activities during lockdown
- If you come across urgent situations get permission to contact the locality manager for additional support
- Usual safeguarding processes still apply!
- **LOOK AFTER YOURSELF!**