Emergency planning with families during COVID19

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

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact details</th>
<th>How they can help</th>
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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
## Homework for families

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

<table>
<thead>
<tr>
<th>1. Essential</th>
<th>2. Important</th>
<th>3. Can live without it in a crisis</th>
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<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>
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<td>Include communication chart where necessary</td>
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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!