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

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

**Who can help?**

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

**Draw a Circle of Support**

**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

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| **Notes:** |

**Extra notes**

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