



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?

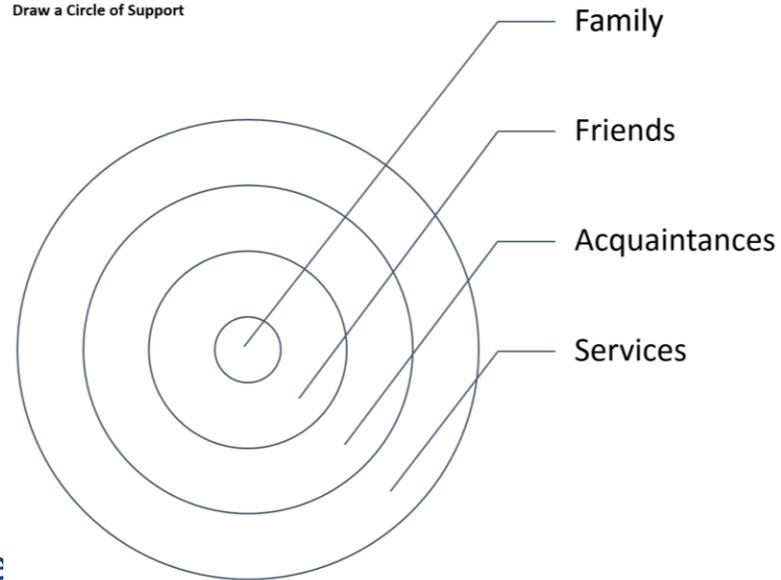
- By phone or Skype/any video platform.
- In short sessions, maximum 30 minutes each to allow time for people to complete one element of planning at a time.
- We will support each other to plan first (think airplanes and oxygen) and share what we learn for helping others



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

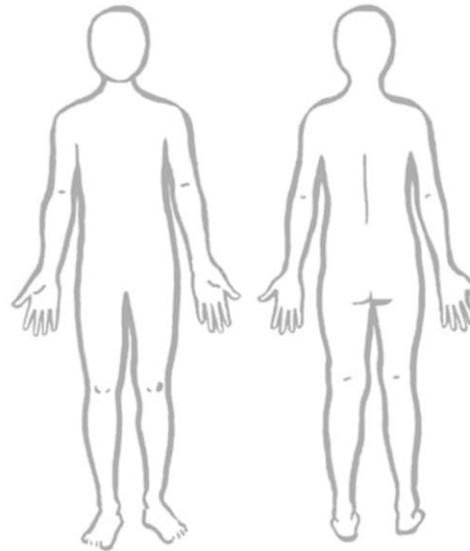
| Name | Contact details | How they can help |
|------|-----------------|-------------------|
| | | |
| | | |
| | | |
| | | |

- 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!**