

Crisis Plan

Some of the questions you may want to talk over with your supporters to develop a plan when you are well that helps them advocate for you in a crisis.

Describe how you feel when you are feeling well. This will help your supporters notice when you are starting to have symptoms.

What are the stressors/situations in your life that may cause you to become unwell?

What are the symptoms that indicate you are having difficulty making decisions for yourself, the ones that indicate you may no longer be responsible for yourself or can make appropriate decisions.

Who are the people you don't want to have involved in any way in your care or treatment.

List names and if comfortable relationship and (optionally) why you do not want them involved:

When you clearly have some of the above symptoms, who are the people you would like to be asked to make decisions for you, see that you get appropriate treatment and to give you care and support:

When you are experiencing these symptoms what do you want from your supporters?

What do you not want?

What do you want your supporters to do if you are a danger to yourself or others?

Things you need others to do for you and who you want to do it: eg take care of a pet

How do you want disagreements between your supporters settled:

Things you can do for yourself:

Do you give permission for your supporters to talk with each other about your symptoms and to make plans on how to assist you.

Indicators that supporters no longer need to use this plan:

Preferred medications and why:

Acceptable medications and why:

Unacceptable medications and why:

Acceptable treatments and why:

Unacceptable treatments and why:

Home/Community Care/Respite Options:

Preferred treatment facilities and why:

Unacceptable treatment facilities and why: