

Creating a crisis plan

Guidelines:

- Make sure that your relative is actively involved and participates in all discussions and decisions, and that their preferences are heard and respected.
- Involve as many members of your family as appropriate and develop an approach that everyone can agree on.
- Generate a number of possible crisis plans and act on the ones that everyone, especially your relative, agrees are the best ones.
- Develop specific steps for carrying out your plans.
- Decide what role each member will have in implementing the plan. For example, should this become necessary, decide who should accompany your relative to the hospital, who should stay at the hospital and who should make phone calls from home. Decide who will speak to the treatment team or to the police (if necessary), if your relative is unable to. Make sure to get your relative's permission to give specific information to hospital staff or to the police.

What is a possible crisis that you might encounter?

What safety concerns might arise for you or others during this crisis?

Consider how you will handle the situation:

Questions to consider:

- Who is the best person to accompany your relative to the hospital, should this become necessary?
- Who should stay at the hospital?
- Who will speak to the treatment team or to the police, if your relative is unable to?
- Do you have your relative's permission to relate particular information to hospital staff or to the police?