

My **Safety** and **Support** Plan



Name

Signature

Date

Name of staff helping me to develop my plan

Signature

Date



crisis prevention institute

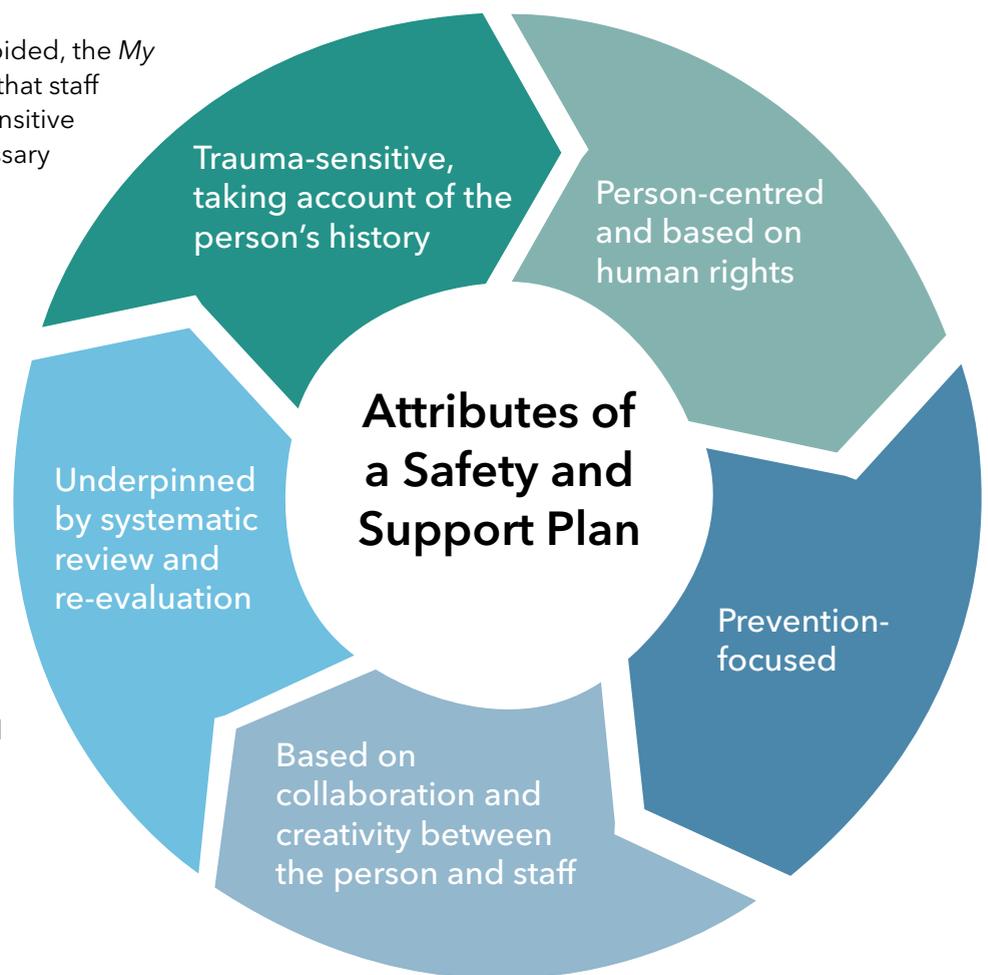
My Safety and Support Plan

The *My Safety and Support Plan* is an individualised plan which is developed by the person (with the help of staff if necessary) to ensure that potential crisis events are avoided. This should be written in easy-to-understand language so that all staff can implement the plan and provide the person with the necessary person-centred, trauma-sensitive care and support.

The plan's focus is to understand the person's history—their strengths, gifts, and abilities; their friends, family, and people that matter; the things that are important as well as the triggers that are likely to lead to crisis—so that such crisis events can be minimised and restrictive interventions avoided. Each person should have their own safety and support plan even if their behaviour is unlikely to escalate to crisis, since the plan helps staff to think about personalising the care and support they offer. By avoiding common conflicts and triggers that often underpin crisis events, the plan also enables staff to identify escalating behaviour and the necessary supportive and decelerating interventions that are appropriate to the person so that crisis responses in the form of restrictive practices can be avoided.

When crisis events cannot be avoided, the *My Safety and Support Plan* ensures that staff continue to maintain a trauma-sensitive approach. Any agreed and necessary restrictive interventions continue to take account of the person's immediate needs and wishes in order to ensure that harm is minimised and to maintain the individual's *Care, Welfare, Safety, and Security*SM.

The plan should be a 'live' document that is regularly revisited to ensure that staff understand how to provide good support to the person. The plan must always be reviewed after a crisis event has occurred so that further approaches can be implemented to prevent similar crisis events from happening again.



My Circle of Support

(The people who are important to me, my friends and the people who help and support me)

Primary Preventive Interventions

(Getting the right fit between my needs and my support)

What strengths, gifts, and qualities do I bring? *(Getting to know me)*

What is important to me? What works for me? *(What matters most to me right now, and in the immediate future: What makes for a good day; what keeps me safe and well; what keeps me active, engaged, and stimulated)*

What doesn't work for me? *(What makes for a bad day; what do I find unpleasant or distressing; what do I prefer to avoid)*

What does good care and support look like for me? *(Identify the 'best fit' in terms of the care and support I need to minimise the impact of Precipitating Factors; consider any previous traumatic events, so that the support provided is trauma-sensitive)*

Precipitating Factors/Triggers/Background Factors

(Internal and external factors which trigger or accelerate my risk or crisis behaviour)

My Precipitating Factors/Triggers *(My flash points, triggers, and common conflicts that cause my behaviour to escalate)*

Secondary Preventive Interventions

(What helps me to manage my triggers; what decelerates and de-escalates my risk or crisis behaviour)

Anxiety Level

(My known observable behaviours)

Supportive Approaches

(My calming and support strategies)

Defensive Level

(My known observable behaviours)

Directive Approaches

(My calming and support strategies)

Risk or Crisis Behaviour

(Crisis behaviour which is likely to cause harm to self or others)

Risk Behaviour Level

My risk behaviours are:

The level of risk to myself and/or others is:

My preferred strategies to minimise harm are:

Any necessary restrictive interventions staff may need to use include:

To minimise trauma and distress when using restrictive interventions, staff should:

Post-Crisis Support

(My preferred way of managing my emotions after a crisis event)

Tension Reduction

After a crisis event, I prefer to:

Therapeutic Rapport

Support from staff should include:

Have questions? Need additional support?

We're here to help

Our team of support specialists is here to help ensure the success of your staff training.

- Need to know how to address a specific situation?
- Looking for additional advice on creating a positive, engaging experience for your participants?
- Can't find training materials?

Visit **crisisprevention.com**

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