



My Safety and Support Plan

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Name	
<input type="text"/>	<input type="text"/>
Signature	Date
<input type="text"/>	
Name of staff helping me to develop my plan	
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Signature	Date

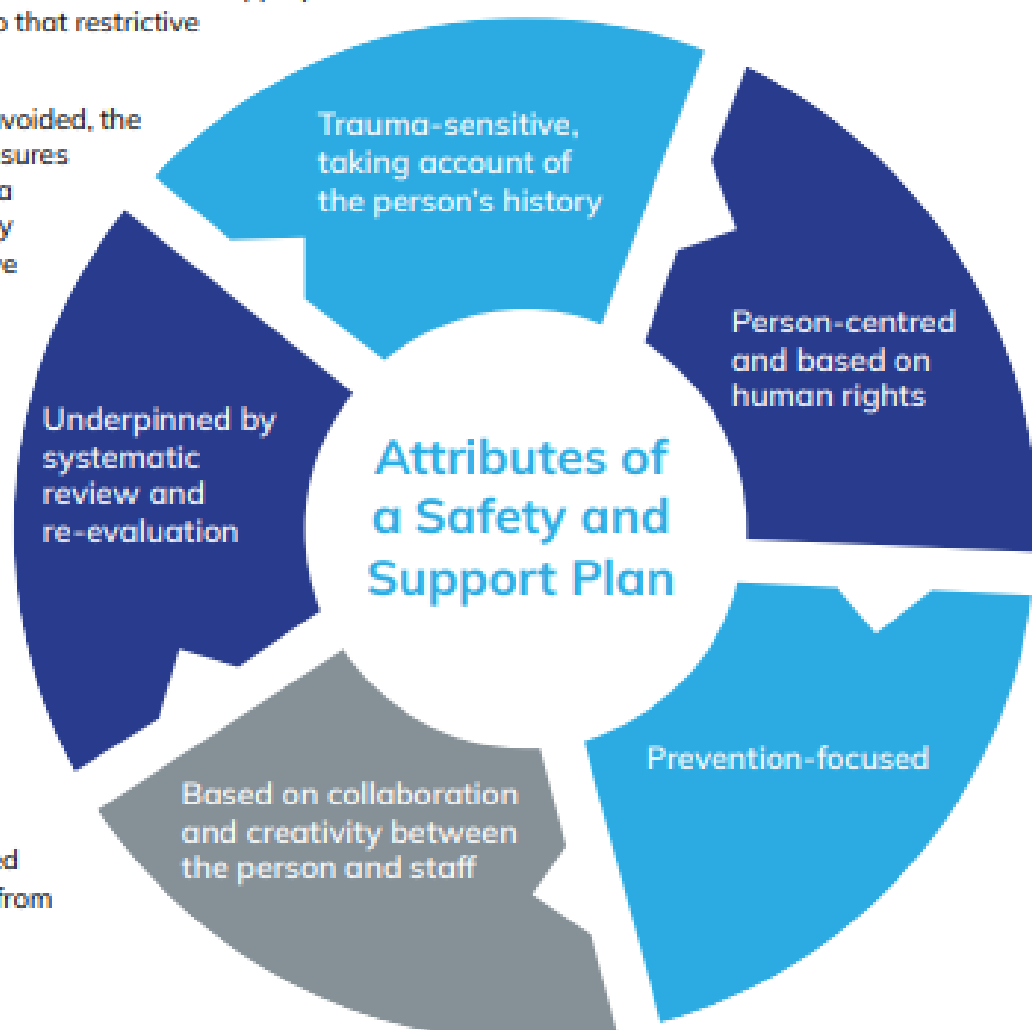
My Safety and Support Plan

The *My Safety and Support Plan* is an individualised plan that the person develops (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. The plan helps staff to avoid common conflicts and triggers that often underpin crisis events. It also enables staff to identify escalating behaviour. When staff recognise this behaviour, they can determine the appropriate person-centred interventions so that 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 SecuritySM*.

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.



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?

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