HoH Name:

Family Member Names:

Address:

Telephone# Email:

**Emergency Resources:**

**If there is a risk to safety please call 911. Have this sheet with you for contacts**

|  |  |  |
| --- | --- | --- |
| Trusted Neighbor or Friend: | Tel: | Address: |
| Friend with phone | Tel: | Address: |
| Social Services Support: | Tel: | Address: |
| Permission to Enter Home / Relationship | Tel: | Address: |
| Care for Children and Relationship: | Tel: | Address: |
| Care for Pet and relationship: | Tel: | Address: |
| Treatment Provider: | Tel: | Address: |
| Legal Assistance: | Tel: | Address: |

Documents for Emergencies:

|  |  |  |
| --- | --- | --- |
| Insurance Cards: | Y/N/NA | Location: |
| Medical Alerts: (allergies, conditions) | Y/N/NA | Location: |
| List of medications: |  |  |
| Crisis Plan | Y/N | Location: |
| Permission to Enter Unit | Y/N/NA | Location: |
| Living Will | Y/N/NA | Location: |
| Plan for care of children: | Y/N/NA | Location: |

Please provide the names and contacts of two main supports:

Give an example of a crisis or a situation where you had to act quickly, that went well.

What happened?

What did you try?

Did anyone help?

Give an example of a crisis or situation where you had to act quickly that you think could have gone better.

What happened?

What did you try?

Did anyone help?

What are others likely to ask you for assistance with?

What are others least likely to ask you for assistance with?

How/Who would you get assistance from in each area:

Financial:

Mental Health:

Health:

Drug or Alcohol Problem:

School for children or Self

Family Issue

Violence:

Others?

Would the person you ask for help or how you handle a problem be different if this were a crisis?

Think of some crisis situations. What are your options?

|  |  |  |
| --- | --- | --- |
| Situation | Options | Likely outcome |
| Late Rent Notice | 1: Ignore  2: Contact Landlord to reach payment agreement  3: Get help from friend/ church/case manager  4:Leave the apartment |  |
| Call from Principal of School |  |  |
| Running a temperature for two days |  |  |
| Neighbor is too loud |  |  |
| Visitor refuses to leave |  |  |
|  |  |  |

Give an example of a crisis situation that happened recently:

How did you handle this?

What are you likely to try again?

Was there anything you might do differently?

In a crisis situation what is most helpful?

What are the resources you might use?

What helps you to remain calm?

What helps to figure out a plan?

What has been least helpful?

The following situations are the easiest for me to handle:

The following situations are the hardest for me to handle:

The case manager can best help by: