

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:

Housing – lease

Financial: benefits and employment

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: