



PDX DISABLED SUPPORT

Crisis Preparedness Worksheets

This crisis plan will help you and your community care pod (a group of folks you trust to support you) understand what your preferences are during and after a crisis or emergency. Share this plan with the people you choose. This does not serve as an advance directive or medical document.

Some things to keep in mind before you start:

- This is **your** plan – this worksheet is a guide, but please feel free to skip sections or add your own. Make this into something that feels right for you and aligns with support systems you may already have in place.
- When making crisis plans that involve other people, please have conversations with them to mutually consent and prepare them for being in these roles.
- Talking about crisis planning can be intense and can bring up painful emotions or trauma. If you find yourself in need of crisis/emergency support after completing this plan, we recommend reaching out to a friend, loved one, or trusted therapist/caregiver. If that is not an option, contacting a crisis line may be a good alternative. Non-police hotlines include the People’s Crisis Line (503-200-7993) and Trans Lifeline (877-565-8860). If you need more ideas for who to call, [CAREpdx](#) has

compiled a list of hotlines and other crisis resources that are generally non-police resources (<https://www.carepdx.org/before-you-call-the-police/>). **Important:** While the resources on CAREpdx's website offer alternative solutions to calling the police, there is **no guarantee that these organizations will not involve law enforcement** as they deem necessary. When contacting these crisis lines, **we recommend first clarifying their policies around involving police before sharing anything else with them.**

- If you need help or have questions about these worksheets, please reach out to PDX Disabled Support through our Instagram (@pdx_disabled_support), email (pdxdisabledsupport@protonmail.com), or website (<https://pdxdisabledsupport.com>). We recommend Instagram if you need a quick response as we sometimes have limited capacity to follow up on requests received through the web/email.

CRISIS SUPPORT

The word “crisis” comes from a root meaning “judgment.” Crisis is a moment of great tension and meeting the unknown. It’s a turning point when things can’t go on the way they have, and the situation isn’t going to hold.

Who Do I Trust in a Crisis?

I want the following people involved in my care or treatment:

I do not want the following people involved in my care or treatment for any reason, including previous domestic violence or abuse (names and other relevant information are optional):

To avoid overwhelming me with decisions during a crisis, do my supporters have a plan in place to settle disagreements that might arise? If yes, what is it?

Example: I would like my advocate to resolve disputes

Where Should I be in a Crisis?

If hospitalization is okay, or seems inevitable, the following hospitals are safer and preferable. (Share more if you'd like):

List of alternatives to going to the hospital (these may be options you have available to you currently, or ideas that you'd like to work towards):

Examples: Go to friend's house, have my sister stay with me, etc.

List of hospitals, doctors, medical professionals, etc. that are unsafe for me and unacceptable for me to be at:

I have the following:

- Allergies: (Food/medication/other)

- A medical protocol (aka guidelines for treatment). Where to find this:

- An Oregon Advance Directive* (link: <https://www.oregon.gov/oha/PH/ABOUT/Documents/Advance-Directive.pdf>). My Advance Directive is located here:

- An Oregon Declaration For Mental Health Treatment* (link: <https://www.nrc-pad.org/images/stories/PDFs/oregonpadform.pdf>). My Declaration can be found in this location:

***NOTE:** Unlike this crisis plan, the Oregon Declaration for Mental Health Treatment and Oregon Advance Directive are legal documents that will be shown to medical staff. They are meant to spell out your decisions and preferences in the event that you are unable to speak for yourself. Both can be found at the links above. Both forms are optional, but if you choose to complete them, we recommend asking for assistance from a support person or medical provider.

Plans for Specific Urgent Situations

You can use this next section to create plans for specific situations that you believe may come up or are likely to happen. **Examples:** “If my camp is being swept, I want my advocate to arrange to have my belongings picked up and stored” OR “If I am hospitalized, I want Brian to feed my cat every day.”

In the event of: _____

I want (person/group) _____ to help by

They can be contacted at:

In the event of: _____

I want (person/group) _____ to help by

They can be contacted at:

In the event of: _____

I want (person/group) _____ to help by

They can be contacted at:

Additional space for flowcharts, diagrams, etc:

POST-CRISIS CARE AND SUPPORT

As a crisis is easing, we encourage you to meet with your pod and debrief. It can be helpful to identify “green flags,” or signs you are coming out of crisis, to share with these folks ahead of time. **Please plan to still communicate directly with your supporters/community care pod as each situation is unique.**

Green Flags

Health is a spectrum, and I may be experiencing a variety of things, however, some green flags that I am feeling better are (circle, check, or highlight those that apply to you):

- Clear
- Present
- Grounded
- Self-reflective
- Honoring boundaries
- Communicating openly
- Healthy hobbies
- Self-responsibility
- Seeking personal growth
- Working on relationships
- Empathetic
- Vulnerable
- Hungry
- Affirmed in my identity
- Spiritual
- Physical health and hygiene improvements
- Self sufficient
- Practices self-care
- Loveable

- Responsive
- Confident
- Grateful
- Optimistic
- Spicy
- Salty
- Focused
- Sensitive
- Renewed interest
- Other: _____

Post-Crisis Planning

I would like the following people to support me, if possible, during a post-crisis time in the following ways:

I will know that I am "out of the crisis" and ready to use this post-crisis plan when I:

Examples: I'm starting to eat and shower like I did before the crisis, my anxiety has lessened, I am communicating to loved ones the way I did before the crisis, etc.

When I am coming out of crisis, I need:

Examples: Food that makes me feel good, daily emotional check-ins, help organizing bills, help making appointments, errands, etc.

Other things that may be helpful, like places I'd prefer to be or things I find comforting:

Examples: Walking in the park, getting dinner from my favorite restaurant

Things or people I need to avoid while I am recovering from a crisis:

Examples: Former toxic romantic partners, alcohol or hard drugs

What are some ways I can self soothe and find healing in my community?

Examples: Going to a community gym, art and craft classes, gardening, group spiritual practices, hiking/camping with friends

Arriving at Home after Being Away (*OPTIONAL*)

If I have been hospitalized or am returning after my camp has been swept, my first few hours at home are very important. Considering my current location, would I feel safe returning here after a crisis? If my answer is no, what can be done to ensure that I will feel and be safe at home?

Examples: Making sure a triggering person at home isn't present when I return, making sure I can lock myself in my room, making sure I replace or get to my stuff

Things I must take care of as soon as I get home:

Examples: Feed/check on my pets, check-in with my roommates, take my meds

When I return home, I will need help with:

Examples: Doing laundry, catching up with mail, preparing meals

Things that can wait until I feel better:

Examples: Cleaning my home/room/tent, restocking groceries, answering emails

Signs that I may be not ready or stable enough to return home:

Examples: Anxiety attacks, excessive worry, eating changes, sleep disturbances

What financial, legal, medical responsibilities do I need to do post-crisis, when I get to my home/safer space and feel well enough to do them:

Examples: Finish registering for classes, updating my address with SNAP, dealing with Pretrial Release Services, scheduling follow ups with doctors

POST-CRISIS GOALS WORKSHEET

What resources should I seek and/or goals should I set post-crisis? **Examples:** Harm reduction, getting into/back to counseling, applying for benefits

What do I need to do to prevent further repercussions from this crisis--and when I will do these things? **Examples:** Housing/roommate stability, unlearning crisis behavior/patterns, personal growth

People I want to thank and how I will thank them:

Examples: Making dinner for my support people, writing thank you notes/e-mails/making calls

How am I repairing strained relationships and being accountable for anything that happened during my crisis? **Examples:** Meeting to have an accountability conversation, a phone call to listen/respond to concerns

How can I take advantage of this experience as an opportunity for personal growth and escape from toxic patterns? **Examples:** Look at my actions, words from an inclusive lens, speak with my mentors/advocate/support peoples, attend workshops and read, take a moment to examine my immediate, oppressive responsive thoughts/actions, have an accountability plan/team

What are reactive response patterns learned under capitalism and the injustice system that have not served me well? **Examples:** Racism, judgement, acting with privilege, devaluing myself/others

Changes in my crisis plan that might ease my recovery in the future:
Examples: Coping skills, checking in with my support network, holding myself accountable, improving communication skills, noting red flags
