

Western Highlands Network
Questions to Ask to Formulate a Consumer Crisis Plan

The following are questions/indicators that might be useful in talking to your consumer and their family member in developing a consumer specific crisis plan. Ongoing evaluation of the crisis plan is essential in order for it to be effective.

1. When I am feeling well, I am (have the consumer describe him/herself when he /she is feeling well).

2. What happens when I **first** start to become unwell?

3. Treatments or other things that **have** been helpful during a crisis or relapses in the past.

4. Treatments or other things that **have not** been helpful during crisis or relapses in the past.

5. I **do not** want the following people involved in any way in my care or treatment.

6. I **do want** the following people (natural supports) involved in my care or treatment.

7. What I want and don't from my natural supports.

8. Preferred medications and why.

9. Unacceptable medications and treatment and why.

10. Things I need others to do for me and who I want to do it.

11. Things I can do for myself.

12. Preferred Treatment facilities and why.

13. Unacceptable Treatment facilities and why.