

Sample Questions to Consider When Developing a Crisis Plan

Antecedents

- What are the behaviors (signs) the consumer might exhibit before a crisis?
- What might be the cause (precipitant) of a crisis?
- What behaviors might we expect when the consumer is experiencing a crisis?

De-Escalators

- What works to soothe/focus/calm the consumer when he/she is in crisis?
- Who are the best people to intervene at home? At school or work? In the community?
- In what order should they be called?
- How would you like to be involved?

Respite/Hospital Plan

- Is there a safe place in the community for the consumer to stay if he/she cannot stay at home?
- If hospitalization is necessary, which hospital is covered by consumer's insurance? Is there a consumer preference?
- Which medications is the consumer on and who is the prescriber?

Other information

- Up to this point what have been the successful strategies that have worked?
- Is there any other information you would like in the crisis plan?