



DEVELOPING A PERSONAL SAFETY PLAN FOR AN INDIVIDUAL RECEIVING SERVICES

What is a Personal Safety Plan?

A Personal Safety Plan can empower individuals receiving services or supports by helping them prepare for, and practice action steps that they can take in an emergency situation. Through a series of discussions, a trusted caregiver, family member or friend can help an individual create a plan that best meets their personal needs. Although not necessary, a plan with progress notes, and/or a visual or written set of prompts can help a person with special needs maintain his or her safety and security in an emergency situation.

What are essential elements of a Personal Safety Plan?

A Personal Safety Plan is an individualized strategy that is meant to utilize a person's unique strengths and abilities to assist themselves and their peers, as best they can, should an emergency or other unsafe condition occur.

A Personal Safety Plan may include, but should not be limited to a discussion about what to do if:

- A caregiver is sleeping, unconscious, inattentive, or being abusive or exploitive.
- A person receiving services becomes lost or is left behind, or their scheduled transportation has not arrived.
- A person receiving services becomes ill, or
- There is a fire or other emergency.

Personal Safety Plans can teach strategies such as: repeat your name, address and phone number; when and how to call 9-1-1; how to reach out safely to neighbors and strangers in an emergency; and how to contact an agency's administrator on duty or security services.

Using a Personal Safety Plan

It is important to teach, implement and practice Personal Safety Plans.

A Personal Safety Plan is more than a document. It is an agreed upon, reinforced, and practiced implementable strategy for an individual to respond to in emergencies and other unsafe conditions. Time must be dedicated to regularly reviewing and practicing the safety strategies in the plan.