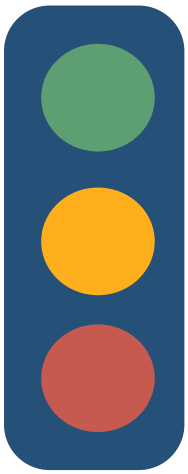
My personal crash plan

Your personal crash plan helps create clarity for you and people around you during a crash. Fill this in on a relatively good day, alone or with someone who helps you.

My signs



Green: No warning signs present. I can carry on with what I had planned

Amber: I have to start scaling back using pacing strategies when I notice one of the following signs:

Red: I have to slow right down and start the crash plan when the following signs are present:

Immediate comfort and pacing

Type of load	What I can do
Physical	
Cognitive	
Emotional	
Sensory	
Autonomic	

What others can help me with

What can help me *(for example bringing food without asking, or short, quiet visits)*

What doesn't help me *(for example long conversations, questions requiring a decision, bright lights)*

Responsibility	Who takes over	What to do
(Example) *Letting work know*	*My husband*	*Emails my manager (anna@work.com): "Hi Anna, I'm unwell and need to rest. I'll let you know when I'm back."*

What to prepare in advance

Easy meals in the freezer:

1. _____

2. _____

3. _____

No-cooking snacks to keep in stock:

1. _____

2. _____

3. _____

Drinks and/or electrolytes to keep in stock:

1. _____

2. _____

3. _____

My crash table

The things I want to have in reach when I am in a crash

- ❑ Water bottles
- ❑ Snacks
- ❑ Medication
- ❑ Long phone charger
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____
- ❑ _____