### Carer Plan

<table>
<thead>
<tr>
<th>Name:</th>
<th>Clinician Name:</th>
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**My main goals and problems I am working on in relation to my carer role**

1. In the short term

2. In the long term

**My carer crisis survival strategies**

Warning signs that the person I support is unsafe, in distress or crisis

Things I can do when the person I support is unsafe, distressed or in crisis that won’t harm them or me

Things I have tried before that did not work or made the situation worse

What I can do to take care of myself in stressful times

Places and people I can contact in a crisis:

<table>
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<tr>
<th>Lifeline: 13 11 14</th>
<th>Emergency: 000</th>
<th>Local Service:</th>
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</table>

**My support people** (e.g. friends, family members, partner, psychologist, psychiatrist, social worker, GP)

<table>
<thead>
<tr>
<th>Name</th>
<th>Contact Details</th>
<th>Role for me</th>
<th>OK to Contact?</th>
</tr>
</thead>
</table>

**Signature:**  
Clinician’s Signature:

**Date:**  
Date of next review:

**Copy for the:** Carer / Clinician / Other (please specify)

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