

**PLANNING FOR
TOUGH TIMES**

Help to plan if things take a downturn.

Use this tool to say in advance how you want to be looked after and treated if you become unable (maybe through being too angry, upset or confused) to communicate your views and feelings to other people.

Things that can trigger me off:

Things that staff can do to help me in this situation: (e.g. take me to my room, not let me go to my room, take me outside, offer me medication, play a game...)

I prefer to have a male / female / don't mind (please circle) member of staff when I feel like this.

Treatment I would be happy to receive:

Treatment I would not be happy to receive:

Things that I want to have around me if I am feeling really unwell:

Things that I want to be kept away from if I am feeling this way

People that I want to be kept away from if I am feeling this way

**I wish for this form to be placed
on my health records and given back to me please**