

Back-Up Plans

Things don't always go to plan, and when they don't this creates loss of control and uncertainty. This resource is something which would be useful to create *with* your loved ones or clinician, to increase their sense of control and predictability when everything gets out of control! Make the situations individual to your needs. This is also a good exercise to do when things go wrong, looking for alternate plans of action for next time.

<p>Example 1: e.g. There is no more Heinz Soup in the shop</p> <p>Back-Up plan: e.g. Switch for another meal this week; Switch to 'safe meal' back-up; always have two spare cans in the cupboard.</p>	<p>Example 2: e.g. The next-door neighbour is mowing their grass at lunch time</p> <p>Back-up plan: e.g. Have some earplugs stored away; use headphones and listen to white noise.</p>
<p>Situation 1:</p> <p>Back-up plan:</p>	<p>Situation 2:</p> <p>Back-up plan:</p>

Situation 3:	Situation 4:
Back-Up plan:	Back-up plan:
Situation 5:	Situation 6:
Back-Up plan:	Back-Up plan:

