

# Crisis Response Plan



This checklist is designed to help caregivers in the UCD Rare Disease community manage their own emotional wellbeing during times of crisis.

## SUPPORT CONTACTS *List friends, family, and professionals for emotional support:*

NAME: _____	CONTACT: _____
NAME: _____	CONTACT: _____
NAME: _____	CONTACT: _____
NAME: _____	CONTACT: _____

Who I can vent to: _____	Who can offer tangible support: _____
Who makes me laugh: _____	Who makes me feel safe: _____

## (RESCUE) Self-Care Kit Ideas

- |   |  |  |
|---|--|--|
| <input type="checkbox"/> Healthy Snacks | <input type="checkbox"/> Soft Blanket    | <input type="checkbox"/> Puzzles/ Apps                         |
| <input type="checkbox"/> Water Bottles  | <input type="checkbox"/> Scented Candles | <input type="checkbox"/> Music Playlist                        |
| <input type="checkbox"/> Sweet Treat    | <input type="checkbox"/> Stress Balls    | <input type="checkbox"/> Photo Album                           |
| <input type="checkbox"/> Comfort Item   | <input type="checkbox"/> Favorite Book   | <input type="checkbox"/> Sketchbook or Coloring book & Pencils |
| <input type="checkbox"/> Herbal Tea     | <input type="checkbox"/> Journal         | <input type="checkbox"/> Affirmation Cards                     |

## Healthy Habit Checklist

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> Take a Break During the Day | <input type="checkbox"/> Connect With a Support Person | <input type="checkbox"/> Communicate my Needs  |
| <input type="checkbox"/> Set Limits and Boundaries   | <input type="checkbox"/> Take a Walk or Exercise       | <input type="checkbox"/> Attend a Peer Support Group                                 |
| <input type="checkbox"/> Meditate or Deep Breathe    | <input type="checkbox"/> Take a Nap/ Rest/ Sleep       | <input type="checkbox"/> Creative Outlet: Drawn, Paint, Sketch, Journal, Write, Bake |
| <input type="checkbox"/> Hydrate and Nourish         | <input type="checkbox"/> Limit Alcohol and Caffeine    |  |

## Post-Crisis Reflection

What I learned:

## Post-Crisis Checklist

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Plan a Visit with Someone from your Support Network | <input type="checkbox"/> Get a Health Check-up for Yourself                                   | <input type="checkbox"/> Update Your Crisis Plan                               |
| <input type="checkbox"/> Practice Deep Self-Care                             | <input type="checkbox"/> Re-Balance your Focus (Take Time for Siblings, Other Family Members) | <input type="checkbox"/> Consider Peer Support or Professional Support Options |