

# MY SAFER AT HOME PLAN

The new **Safer at Home** law means people need to stay at home as much as possible to stop the spread of COVID-19 (the Coronavirus). To stay at home, you will need a plan to be safe. If you need help with your plan, ask someone you trust or your Care Manager or IRIS Consultant to help you make your plan.

## Is Your Home Safe?

Put an X by the things you have:

- I have food to eat.
- I have the medicine I need.
- I have things to stay clean like shampoo, soap, and toilet paper.
- I have heat, electricity and running water.
- I have the services and supports I need when I need them.
- I can move around and use the things I need at home (or have help to).
- I have help from other people if my family or caregivers can't help me.
- I have a way to call for help.

**If your home is safe: Stay at home.** You should only leave if you have to work, need to get food, medicine or things you need to stay healthy safe. If you need to leave, you should:

- ✓ Stay 6 feet away from other people.
- ✓ Wash your hands a lot.
- ✓ Keep your hands away from your face, mouth, nose and eyes.

**If your home is not safe: Call your emergency contact, Care Manager or IRIS Consultant.** Write the name, phone, and email below for the people who can help you get the supports and services you need.

Emergency Contact #1	Emergency Contact #2	Care Manager/IRIS Consultant

**If you are having an emergency: Call 911.** Examples of when to call 911 are: a fire in your home, someone is being hurt, someone is hurting you, someone needs medical help, or someone is trying to break-in to your home.

## More to Think About for Your Plan:

Here are some more things to ask yourself before creating your plan:

1. How has my day changed? What do I want to do now?
2. Do I have to keep going to work? What will happen if I can't go to work? Can I get another job?
3. Where am I going to get food? Do I need someone to help me?
4. How can I get my medicine or medical supplies? Can they be delivered to me?
5. How can I connect to people from home? Do I have a computer, phone, or iPad? Can my care manager, IRIS consultant, or someone else help me get these?
6. What do I do if my caregiver or family member who helps me gets sick? Is there someone else to help me if they can't?
7. Are any of my rights being restricted? Who is doing it? How have I been involved in the process? What are my options for discussing my rights?

## What I Need & The People Who Will Help

My Food and Shopping Plan:	My Health and Medical Plan:
My Work and/or Activity Plan:	My Staying Connected to People Plan:
My Back-Up Support Plan:	My Emergency Plan: