

MY SAFE HOME PLAN

You have the right to be safe in your home. Being safe in your home means having access to the spaces in your home that you use, having the things you need, and having the supports you need available to you. Use this plan to make sure your home has all these things or make a plan if you don't have them. 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: Keep doing what you are doing. You should go through this plan again in 6 months or a year to make sure things haven't changed OR if you move, you should go through the plan in your new home.

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: