EMERGENCY - CRISIS AND SELF AWARENESS

SELF ADVOCACY IN HEALTHCARE

1. **How I appear when I'm having a good moment/day** eg. when I am happy I am talkative

2. **How I appear when I'm having a bad moment/day** eg. when I am anxious or distressed I am quiet

3. **What to do if I'm having a meltdown or appear agitated/distressed** eg. wait for it to pass then talk to me

4. **What to do if I'm having a shutdown or appear unresponsive** eg. help me get home, switch to writing

5. **How to help me figure out what I am experiencing (self perception)** eg. probing questions, body scan

6. **How to help me describe what I am experiencing (self description)** eg. examples and definitions of words, emotion wheel

Anxiety and panic

When I experience anxiety or panic I appear like this

During moments of anxiety and/or panic my needs are

What I need people to tell me

- ☐ What emotions the healthcare person is experiencing
- ☐ When to leave
- ☐ Other

EMERGENCY - MEDICATION AND ALLERGIES

SELF ADVOCACY IN HEALTHCARE

1. **Where to find my list of medications**

2. **My allergies**

3. **My sensitivities and intolerances**

4. **Barriers to accessing medication**

- ☐ I have problems with swallowing
- ☐ Memory problems
- ☐ Financial
- ☐ Allergies / intolerances to ingredients
- ☐ Other

5. **Preferred method of medication dispense** eg. Pills because needle phobia, no pills due to memory, reminders if about to run out

6. **Plan for if the medication is too strong**

7. **Plan for if the medication is too weak**

8. **Plan for starting medication**

9. **Plan for stopping medication**

10. **Home Care**

Please provide me with:

- ☐ Written instructions for home/ after care
- ☐ SMS/Email reminders
- ☐ Medication plan for start, stop, and monitor
- ☐ Other

Other Important information

eg. provide me with side effect info, give me blood tests when asked

Please make sure that: