

Crisis Response Plan



This checklist is designed to help caregivers in the 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: _____

This toolkit was co-developed by Patient Health Alliance in collaboration with Give an Hour, a national nonprofit whose trauma-informed mental health frameworks informed the structure and tools included.

For more information visit GiveAnHour.org/ContactUs

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

(RESCUE) Self-Care Kit Ideas

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

Healthy Habit Checklist

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

Post-Crisis Reflection

What I learned:

Post-Crisis Checklist

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