

Social support plan template

Emergencies can be stressful when you are unsure who to contact for support. It is also essential that others are aware of your plans.

Mapping a support plan can lower your stress during an emergency. It can also help people supporting each other feel more confident in this role.

Follow these steps to map your support plan:

Social connections

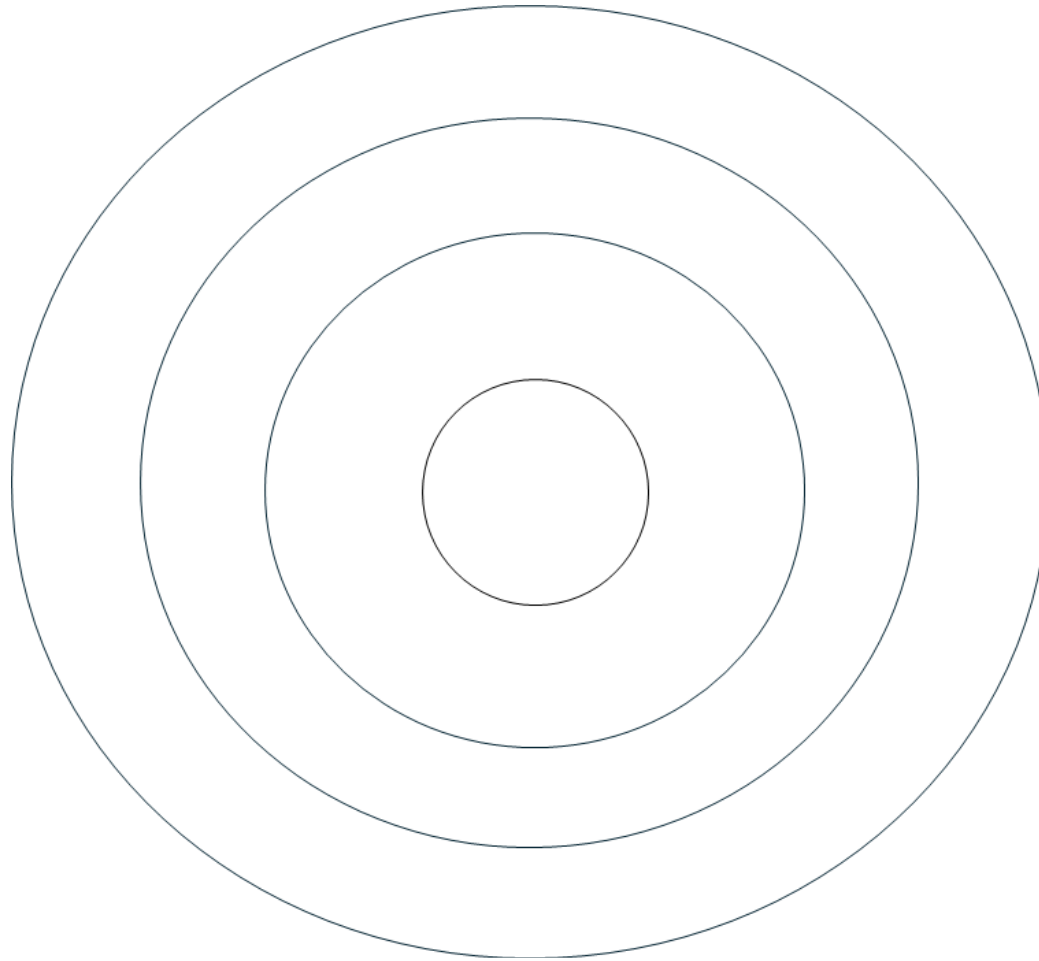
We each connect with others in different ways. The number of people we connect with can also vary. Mapping the types of connections you have, can help you during an emergency:

- **Close connections** are the people you trust and feel safe with.
→ *Family members, close friends or family of choice.*
- **Casual connections** are people you recognise and sometimes talk to.
→ *People in your neighbourhood or who work at shops you frequent.*
- **Group connections** are people with whom you share membership of a common group.
→ *Sporting and recreation groups, school and faith-based communities and workplaces.*
- **Formal connections** are people and organisations from which you receive help or services.
→ *Your doctor, community support and peer workers.*

PAUSE: Remember, no support plan will look the same. If you find the next task difficult consider taking a break. Talk to your doctor, health, community or peer worker. They might be able to help.

Using the circles provided:

- In the **middle circle**, write the names of your close connections.
- In the **next circle**, write the names of your casual connections.
- In the **third circle**, write the names of groups you are a member of.
- In the **outer circle**, write the names of the people and organisations you receive support from.



Who might be able to help you before, during and after an emergency

The following prompts may help you identify who you might ask for help. Use the connections you have listed above to consider each question.

- **Everyday support**

Who might assist you with regular tasks?

Consider people you would feel comfortable asking for help with:

- **Emergency preparedness** – i.e., filling sandbags or clearing leaves from your gutters.
- **Transport** – i.e., someone who can drive you to safety if needed, or after an emergency if your vehicle is damaged.
- **Temporary accommodation** – i.e., if you can't stay at home during an emergency, or your home is damaged after an emergency.
- **Pets** – i.e., who might look after them if you can't, or who might house both you and your animals.
- **Daily living** – i.e., like shopping, cooking, cleaning or personal care.
- **Communication and paperwork** – i.e., if you require assistance with communication or English is not your first language.

- **Keeping others informed**

Who would want to know your emergency plans?

Think about:

- **Close connections** who care about you.
- **Neighbours** who regularly check on or support you.

Whose plans do you need to know?

Think about:

- Your child's **school or daycare**.
- **Close connections** and **people you live with**. Where will they go and how will you stay in touch?

Who would need to know your location during or after an emergency?

Think about:

- **Support services** that regularly visit your home.
- Your **workplace**.
- Any **other services** you are connected to.

- **Information sources**

Where will you get reliable information?

Consider:

- **Trusted websites** – i.e., the [ACT Emergency Services Agency](#) and [ACT Community Disaster Resilience Hub](#).
- **Groups or networks** – i.e., your group connections.
- **Apps and social media** – i.e., the [Hazards Near Me app](#) and ACT Government and ABC Canberra social media accounts.

- **Post emergency support**

Who might help you recover after an emergency?

You might need support from:

- **Your insurance provider** – i.e., to repair property damage.
- **Government services** – i.e., for financial assistance.
- **Community service organisations** – i.e., for food supplies and emergency housing.

You might need support with:

- **Wellbeing** – i.e. emotional support.