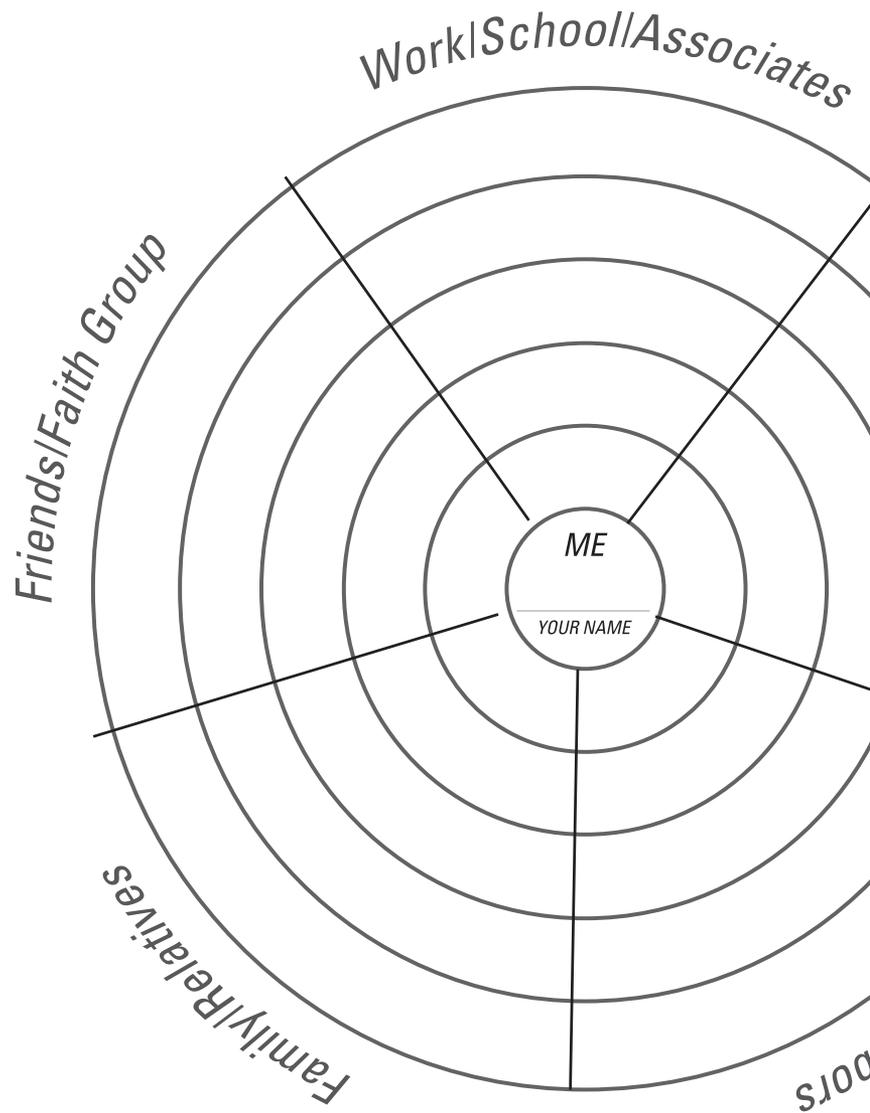


Identifying Safety Net Members

Use this page as a guide to deciding who might be in a potential member's circle. Put the person needing care (in the center) as self, then let your mind travel toward the outside of the circle in each of the five directions, adding names to each ring as you go.



Notes: _____

Am I prepared?

Our book, Personal Safety Nets, presents stories of how life happens to people from ages 8 to 80+. Experiencing unexpected and unwanted challenges and changes happens to all of us.

Are you prepared?



1. If I were experiencing a challenge in my life, on whom would I call? List 5-10 people.

2. Do they know I count on them?

3. Do they know about each other? Do I have a list of their contact information?

4. Who is on the backup or reserve team: Family? Friends? Church? Colleagues? Neighbors? Professionals? Here are other people I can turn to and their contact information.

5. If I needed to learn more about whatever illness, injury, disease, or change it is, how could I find out?

Knowledge is power! Preparation plus knowledge allows strategic, effective, powerful action.

Insanity is doing the same thing over and over again, and expecting different results.

—Albert Einstein

How quickly could your personal safety net be called into action?

If your personal safety net has never been called into action, you may not have thought about this. In contrast, Joe has had several series of treatments for cancer, spanning years, with relative normalcy between. He is an old hand at calling his safety net team into action. It is tested and true.

A colleague of ours, Dr. Bonnie Brown Hartley, is an advocate of doing fire drills for important life changes and challenges. Following her suggestion, you might test out how efficiently you could communicate with the safety net team and how efficiently it could be pulled together.

Making choices

One good reason to call a team together is to have others' ideas of new approaches to things that come up.

The power of choice

Knowing that you have a choice is a powerful feeling. You may not like one of the alternatives, or in some situations, any of the alternatives, but remembering that you can choose is very liberating.

When you forget that there are choices, it's all too easy to feel like a victim of your circumstances. When you're forced into something, you may feel that something is being done to you. Being part of a personal safety net, especially when the team is called into action, will pose many choices. A critical aspect of being able to choose is becoming adept at and saying "no" in various ways and thereby shaping how your "no" may be received. Equally important is being comfortable saying "yes" and able to tailor what your "yes" means to fit your intention.

Many people like to be involved with and helpful to others but find navigating the complexities of interpersonal communication overwhelming—so they remain uninvolved. If this applies to you, we hope you'll take on the challenge of learning how to be comfortable with being connected and involved in expressing choice through your "yes" and "no." We hope you'll be willing to try something new.

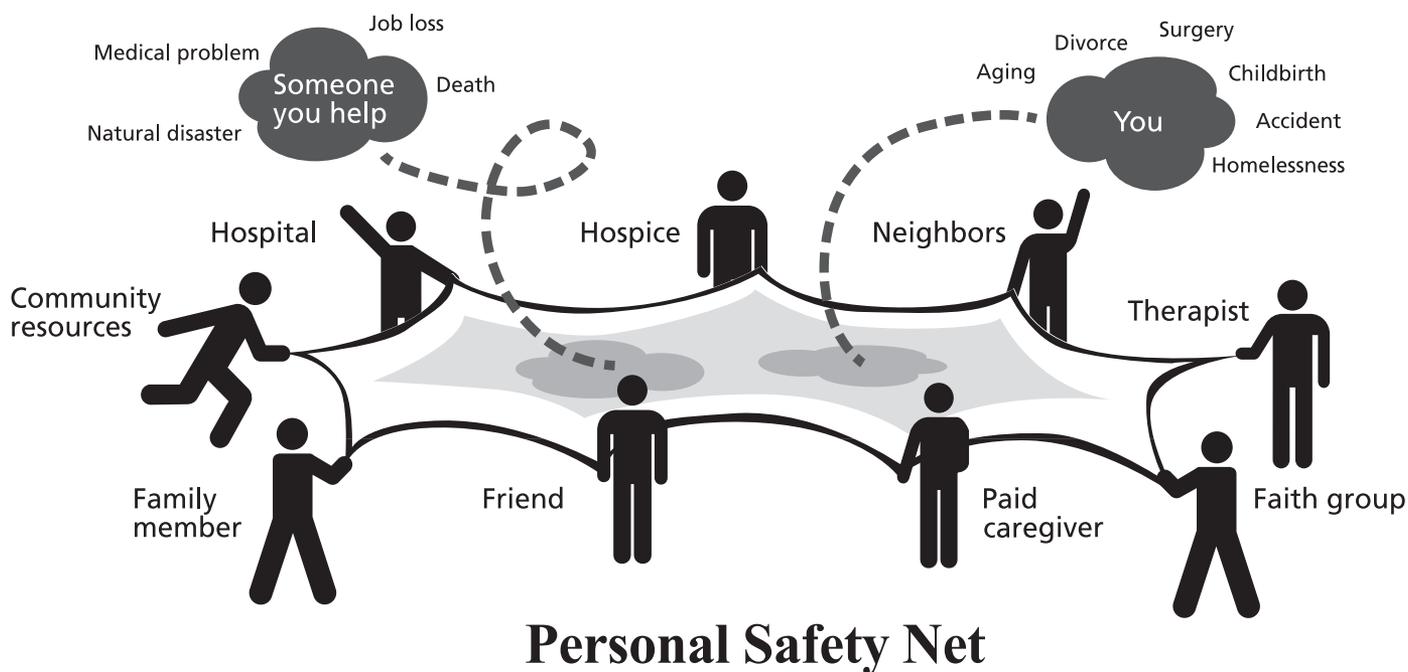
Notes: _____

Who's in and who's out?

Tina chose to involve only a few consistent members in her care-share team: a dear friend, a paid case manager, a family member, and a counselor-consultant. At various times one of Tina's children, several neighbors, a couple of former colleagues, and a church-related contact all participated. When this team was unable to meet Tina's needs, then a discussion of this problem became necessary. Brainstorming for solutions worked for several years.



How can personal safety nets work for you?



Let others know what's going on early rather than at the crisis point.

Say "no" rather than "yes" to a request when you're exhausted—maybe suggest an alternative.

Invite others to brainstorm until you can select rather than settle.

Who shall I recruit?

There are many ways to select your team. We have tried to compile several different ways for thinking and deciding who is right in which circumstance.

Create levels within your safety net

Most of us vary in how close we feel to our friends and family. How trusting, safe, vulnerable, etc. Also, friends and family members differ in knowledge, skills, and abilities.

Here are some examples:

- *Best friends*
- *Close friends*
- *Inner circle*
- *Immediate family*
- *Distant family*
- *Trusted advisor*
- *Evil twin*

Families do what they can, but not all families can or should do everything you want. Think clearly and carefully about what your family can do. Is there anyone who should not be involved in your life? This is your life, take care of it!

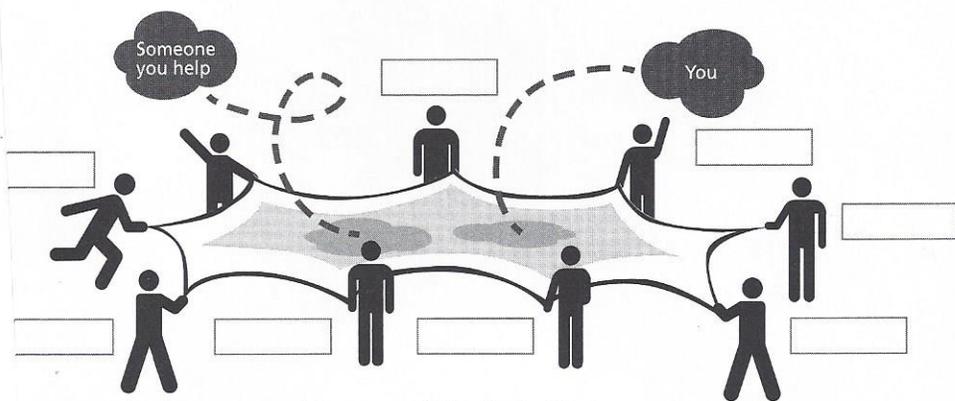
Who might be on my team?

Family/family of choice	Phone/email
1. _____	
2. _____	
3. _____	

Friends	Phone/email
1. _____	
2. _____	
3. _____	

Neighbors	Phone/email
1. _____	
2. _____	
3. _____	

Notes: _____



Personal Safety Net



Think of the power of threes when setting up your personal safety nets.

Three is often enough to bring power but not so big or many to seem overwhelming or beyond your reach. Three is a magic number. Because thinking about setting up a safety net can make people a little anxious sometimes, we thought we'd bring this magic to you.

Co-workers

Phone/email

1. _____
2. _____
3. _____

Professionals

Phone/email

1. _____
2. _____
3. _____

Community resources

Phone/email

1. _____
2. _____
3. _____

Finding the right team members

The ICE or PSN Plan

ICE stands for In Case of Emergency.
PSN stands for Personal Safety Net.
In an emergency, first responders look to your cell phone to see who's been identified with "ICE" before their name so they know whom to call first. Have you an ICE or PSN list in your cell phone?

- ICE1/PSN1- Gloria
- ICE2/PSN2 - Mom
- ICE3/PSN3 - Pat
- ICE4/PSN4 - Joe

See page 56 for information about what ICE/PSN is and how it works.

Support group contact information: Phone/email

1. _____

2. _____

3. _____

Faith group contact information: Phone/email

1. _____

2. _____

3. _____

Others to include: Phone/email

1. _____

2. _____

3. _____

Notes: _____



*Families do what they can.
And we can choose to rely
on them for their strengths
and helpfulness. We can then
include others to round out our
safety nets. —Judy Pigott*

Try a priority approach when choosing your team

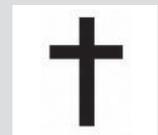
Who are the three people you feel closest to and could rely on if you were in need? List them in preference order:

1. _____
2. _____
3. _____

- Do they know that you rely upon them?
- Have you talked with them individually about this?
- Have they agreed to be on your team?
- Do they know that there are three of them?
- Do they know how to reach one another?
- Have they met?

Faith symbols

Symbols of some of the main religions of the USA today.



Christianity



Judaism



Islam



Buddhism