

OASIS · AT A GLANCE

# Creating a Housing Emergency Plan Before Caregivers Age

Plan A is the long-term placement. Plan B is the bridge if Plan A fails. Plan C is the crisis door when both fail. Build all three on the same evening, in writing, before any of them is needed. The night Plan A fails is not the night to start drafting Plan B.

BY JIM PALASTY · OASIS FOR AUTISM · 10 MIN READ

# 3

PLANS, WRITTEN TONIGHT

Plan A: long-term placement. Plan B: bridge. Plan C: crisis door. The drafting time is one evening. The peace of mind is the rest of the years.

## How it works

THREE STEPS

### Long-term placement

The waiver-funded residential setting the family is working toward. May not be available yet. Apply, document, build the routine.



### Bridge placement

Short-term respite or temporary placement that holds for thirty to ninety days while Plan A is finalized or repaired.



### Crisis door

Emergency placement, crisis stabilization, or hospital-to-home program. Used when both prior plans fail simultaneously.

## What each plan answers in writing

|                  |                                                                         |
|------------------|-------------------------------------------------------------------------|
| Plan A: target   | Specific setting and provider, application status, expected start       |
| Plan A: triggers | Slot offer, sibling availability, caregiver retirement                  |
| Plan B: provider | Specific respite or bridge provider, named contact, intake protocol     |
| Plan B: triggers | Plan A interruption, caregiver hospitalization, staff walkout           |
| Plan C: crisis   | Crisis stabilization unit, ER protocol, 988 contact, after-hours number |
| Plan C: triggers | Imminent risk to safety, behavioral crisis exceeding home capacity      |
| All plans        | Letter of intent attached, current med list, signed releases            |

## WHAT IT LOOKS LIKE



*My husband fell at five in the morning and broke his hip. By seven I had called Plan B. By noon our son was at the respite unit with his bag of routines and the laminated letter of intent we had updated in March. He stayed there nineteen days while my husband had surgery and started rehab. The respite unit had three days of staff turnover during that stretch. The laminated letter held the rest together. We had built Plan B four years earlier and only ever practiced it on paper. The morning of the fall it ran like a fire drill we had rehearsed since the kids were small.*

BETH, JACKSON

## What matters, at a glance

### The night Plan A fails

Most families discover the need for Plan B at three in the morning, after a hospitalization, eviction notice, or staff walkout. The night Plan A fails is the worst possible night to start drafting Plan B.

### Plan A: long-term

Waiver-funded residential placement matching the adult's support needs and preferences. May be group home, supported living, shared living, or intentional community. Built from the housing model comparison.

### Plan B: bridge

Short-term respite, emergency respite, or transitional placement that holds the adult for thirty to ninety days. State waivers fund respite. Some provider agencies operate dedicated bridge units.

### Plan C: crisis door

Crisis stabilization unit, hospital-to-home program, or 988-connected crisis response. The window from call to placement is hours, not days. The contact info has to be in hand before the call.

### Triggers, written

Each plan has a written trigger. Plan A triggers on waiver slot offer. Plan B triggers on Plan A interruption or caregiver hospitalization. Plan C triggers on imminent risk to safety.

### The case manager knows

Share all three plans with the case manager in writing. The plans are the operational map the case manager works from when the family calls at three in the morning.

#### BRING THESE · CHECK AS YOU GO

- |                                                                         |                                                                         |
|-------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <input type="checkbox"/> Plan A drafted, signed, shared                 | <input type="checkbox"/> Plan B drafted, signed, shared                 |
| <input type="checkbox"/> Plan C drafted, signed, shared                 | <input type="checkbox"/> Plan B contact verified within last six months |
| <input type="checkbox"/> Plan C contact verified within last six months | <input type="checkbox"/> Letter of intent attached to each plan         |
| <input type="checkbox"/> Annual review date on calendar                 |                                                                         |

#### YOUR MOVE

### Drafting and maintaining the three plans

- 1 One evening this week. Three pages, one per plan. Specific names, numbers, addresses.
- 2 Share the three plans with the case manager, the named successor caregivers, and any provider in the picture.
- 3 Practice Plan B once on paper. Walk through the steps without activating. Identify the gaps.
- 4 Update the plans annually, on the same date as the letter of intent review.
- 5 Re-verify Plan B and Plan C contacts every six months. People move. Numbers change. Verify.

*Plan A is the future. Plan B is the bridge. Plan C is the door. Build all three before any of them is needed.*

#### RESOURCES NAMED IN THIS POST

oasisforautism.com · <https://oasisforautism.com>

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#### ABOUT THE AUTHOR



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Jim Palasty is the founder of OASIS for Autism and a single father of an adult autistic daughter in Michigan.