

New Hampshire Disability & Public Health Project

The C-MIST Personal Planning Tool

The C-MIST personal planning tool assists you to consider what specialized items to add to a Stay Kit and Go Bag, and guides you through the creation of a personalized Emergency Plan. The planning tool consists of three steps:

Step 1: Assess

Use the space provided in the left column of each page to answer the prompting questions for the five C-MIST categories. Think about and write down what strengths and abilities the individual has, rather than writing needs or deficits. Focusing on strengths and abilities will help you to think constructively about planning in the following steps. For example:

Instead of:

Person can't go anywhere alone

Person doesn't talk at all

You write:

Person's caregiver accompanies on all outings

Person responds to simple drawings

Step 2: Brainstorm

After compiling a list of the person's strengths and abilities with the personal assessment in Step 1, brainstorm what the individual may need in order to maintain abilities and continue functioning in an emergency situation. Write your thoughts in the space provided. Consider answers to the following questions:

- *What might this ability look like in an emergency?*
- *What tools and strategies could help the person to stay safe and continue functioning?*
- *What information would be useful to a first responder?*

Step 3: Plan

Transform the information and strategies you came up with in Step 2 (anything you wrote in the right column) into action steps and concrete plans.

_____s Emergency Plan		when done
Action Steps / To Do		
C	.	
	.	
	.	
M	.	
	.	
	.	
I	.	
	.	
	.	
S	.	
	.	
	.	
T	.	
	.	
	.	

Example Page

Here are some examples of what the three steps might look like for a person with needs in one of the C-MIST categories. A person may have needs in one category, a few categories, or in all five categories.

Medical Needs

Do you use assistive equipment for daily activities such as bathing or eating?

Step
1

Strengths and abilities today:

I use utensils with special grips to eat and to write.

Step
2

To maintain abilities in an emergency:

Make sure I have these tools with me during an emergency.

Step
3

Example Emergency Plan

Action Steps & To Do List

Medical Needs

Put an extra set of utensils with grips in my emergency Stay Kit.

Add Model Magic® to my Go Bag, so I can quickly make my own lightweight grips that contour to my unique grasp. I can also use this as a busy item to help me stay calm during an emergency situation.



When
Done

☐☐

Communication

How do you best respond to and understand information?

Strengths and abilities today:

To maintain abilities in an emergency:

How do you communicate your needs to others?

Strengths and abilities today:

To maintain abilities in an emergency:

Do you use assistive devices or interpreters for communication?

Strengths and abilities today:

To maintain abilities in an emergency:

How do you keep in touch with your family, friends, caregivers, and others?

Strengths and abilities today:

To maintain abilities in an emergency:

Medical Needs

Do you have help for personal care such as bathing or grooming?

Strengths and abilities today:

To maintain abilities in an emergency:

Do you use assistive equipment for daily activities such as bathing or eating?

Strengths and abilities today:

To maintain abilities in an emergency:

Do you regularly take prescription medication? How do you refill them?

Strengths and abilities today:

To maintain abilities in an emergency:

Do you require medical equipment that runs on electricity?

Strengths and abilities today:

To maintain abilities in an emergency:

Independence

What medications or assistive devices do you need to function independently?

Strengths and abilities today:

To maintain abilities in an emergency:

Do any of your devices rely on electricity or batteries to function?

Strengths and abilities today:

To maintain abilities in an emergency:

Do you have a service animal?

Strengths and abilities today:

To maintain abilities in an emergency:

How do you accomplish daily activities such as bathing and eating?

Strengths and abilities today:

To maintain abilities in an emergency:

How do you accomplish other activities, such as grocery shopping and paying your bills?

Strengths and abilities today:

To maintain abilities in an emergency:

Supervision

What strategies help you to keep calm and feel safe?

Strengths and abilities today:

To maintain abilities in an emergency:

How do you stay in touch with your preferred caregivers?

Strengths and abilities today:

To maintain abilities in an emergency:

Are there cues or strategies that help you to remember things or follow directions?

Strengths and abilities today:

To maintain abilities in an emergency:

Are there ways to help you function in an unfamiliar environment or with an unfamiliar person?

Strengths and abilities today:

To maintain abilities in an emergency:

Transportation

How do you generally get where you need to go?

Strengths and abilities today:

To maintain abilities in an emergency:

Is there public transportation in your area?

Strengths and abilities today:

To maintain abilities in an emergency:

Are there people you rely on to drive you places?

Strengths and abilities today:

To maintain abilities in an emergency:

How do you get in touch with people who sometimes take you places?

Strengths and abilities today:

To maintain abilities in an emergency:

_____ 's Emergency Plan

Action Steps & To Do List


When
Done

Communication

☐
☐
☐
☐

Medical Needs

☐
☐
☐
☐

Independence

☐
☐
☐
☐

Supervision

☐☐☐☐

Transportation

☐☐☐☐