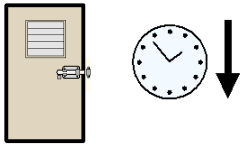




# Self Isolation Plan



A Self Isolation Plan is a guide for you and your staff to help you to use your time in a meaningful way if you need to be in self isolation.



Doing activities you find meaningful when in **self isolation** could mean you spend your time more productively.



The plan will have a list of the **activities** you like that can be done in self isolation, a structure to your time and things you would like staff to know about.



This will need to be risk assessed and **agreed** by your **MDT** before you can use it.



Your **Occupational Therapist** will help you to develop your guide.