Department of Health and Human Services
Division of Developmental Disabilities
Safety Plan Checklist
November 2023

NEBRASKA
Good Life. Great Mission.

The Safety Plan must include the following elements:

☐   A summary of all identified risks for the participant.

- Include risks not addressed with rights restrictions.
- Risks identified in the Safety Plan must also be listed in the Individual Support Plan (ISP).

☐   A list of any known triggers or warning signs for the participant. (triggers and precursors).

☐   A detailed description of all supports, protocols, strategies, and equipment used to mitigate identified risks. If a risk is also listed as a target behavior, the documentation will include how to respond to the target behavior.

☐   A detailed list of all rights restrictions.

- Rights restrictions listed in the Safety Plan need to match the team-approved rights restrictions listed in the participant's ISP.
- Rights restrictions listed in the Safety Plan need to match the rights restrictions that were approved by the provider's Human and Legal Rights Committee.

☐   A description of when the use of a rights restriction starts and ends.

☐   A description of supervision needs.

- Include alone time both within and outside the residence.
- May include overnight supervision, how often a client will be checked on if they have no alone time in their homes (for example, when they are in their bedroom), depending on the needs of the participant.

☐   If applicable, list of approved Emergency Safety Interventions.

- The participant's team determines whether the frequency of emergency safety intervention use justifies including it in the Safety Plan.
- Emergency safety interventions should only be included in the Safety Plan when an emergency safety intervention happens on a frequent basis.

Important Tips:

- Here is a link to the Safety Plan template that may be used: https://dhhs.ne.gov/DD%20Documents/Safety%20Plan%20Template%20Form.pdf
- All elements listed above must be in the Safety Plan. The Safety Plan should be attached to the ISP in Therap.
- If an Exception Request is submitted and the Safety Plan does not include all the elements above, the Exception Request will be denied.