



The Empowerment Passport

Ellen Waring

EP0091

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Social Adjustments

Challenges with communicating, interacting and socialising

I need pace working in a team

I need to alternate working with others to working on my own

I will use a RED /AMBER /GREEN Light on my desk when I work to alert others that they can talk to me .

RED means -Im really struggling today please keep interruptions to a minimum

AMBER means -I welcome brief interruptions-

GREEN means I am coping well today

Emotional Adjustments

Challenges with anxiety/mood/feelings

If my behaviour changes out of the ordinary, I may need to see a mental health first aider as soon as possible

I need assistance of a buddy / mentor mental health first aider to help me stay on track

I need reassurance / positive reinforcement

I need support from a mentor /buddy/assistant

I will benefit from mindfulness

currently my depression is well controlled .I take 20 mg fluoxetine daily and this works well .I also have a wellness recovery action plan written by my community psychiatric nurse

I will benefit from applying for access to Work for mental health support .I will apply for support for this from Remploy

I am on medication for my anxiety .I have a wellness recovery action plan and I am practicing mindfulness . Normally I am fine but if I struggle I may need to see my workplace mentor

Personal Emergency Egress Plan (PEEP)

To be completed by the Manager / tutor / placement provider in conjunction with the member of staff (copies to be retained). Signed copies to be kept in personnel file.

Name:
Department:
Building:
Floor:

Additional Notes Here:

No Adjusted egress plans are identified for Ellen Waring except normal evacuation drill applies.

Additional Notes Here:

Manager

- Name:
- Signature:
- Date:

Employee

- Name:
- Signature:
- Date: