

I

H

ave had a post incident debrief conversation.

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E

xpressed/had the opportunity to express the reasons I became distressed. I was listened to and felt understood.

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A

greed a plan with the member of staff that will support my future care.

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R

ceived or was offered a copy of my care plan/safety plan.

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D

iscussed (if necessary) anything that I felt was missing or I felt needed to be amended in my plan.

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I am **HEARD:** *You can use the box below for any notes.*

Date:

I am HEARD has been co-produced for patient use.

Use this tool to track the 5 steps you can expect following a post incident debrief conversation. If you can't tick off one step because it hasn't happened, you can also use this tool to start a conversation with your care team who will be able to help you.

Developed and co-produced with Lived Experience Contributors on behalf of the Reducing Restrictive Practice East Midlands Community of Practice