

TOOL 13

Maintenance & Setback Plan

PARTICIPANT / SUPPORT TOOL • GENERAL EDUCATION

Keep the routines you have built going — and know the early sign that one is slipping, the first step to re-establish it, and who can help.

What I want to maintain	My usual routine	Early sign it is slipping	First re-establishment step	Who can help

RECOGNISE → REMEMBER → INITIATE → SEQUENCE → PRACTISE → MAINTAIN

If circumstances change
