

OWL Ready

Having a Family Plan is Important for Work and Home

The current pandemic continues to provide valuable lessons learned for Continuity of Operations. It goes without saying that the pandemic has caused all of us to make adjustments at work and home. People with young children and/or elderly living at home have even greater challenges – and anxiety. Family plans take the added stress out of emergencies when you know loved ones are cared for and safe, and, provide you with the ability to continue your essential functions at work. Having a Family Plan is an important aspect of Continuity of Operations.

The Army made family plans (they call it, Family Care Plans) an essential part of their readiness program. It helps ensure the safe and sensitive care of family members when you are away. You may want to invite the caregiver to spend some time observing your family before you leave to better understand your family's routine. Their goal is not only to ensure that family members are "okay" when the soldier is deployed, but for the soldier to have peace of mind while performing their duties by not having to worry as much about their family. Same applies to the civilian way of life!

So, what are some essentials you can add to your family plan that will reduce the stress when you must remain at work while your family is at home? Few commonsense tips for your plan:

- Know who you can lean on when it comes to childcare. Imagine being the only one in your department that can process a critical function that pops up 30 minutes before you need to pick up your kid at the bus stop.
- Have back up contact information in your office and home – not a bad idea to have it in your car, too. Don't rely on technology!
- Ensure other staff members can preform your critical functions if you're away.
- Be able to work from home.

Winning the lottery might help too!

You can also go to Ready.gov for some help in developing your own plan. <https://www.ready.gov/plan>

