

Carers Emergency Plan

This emergency plan is to aid you when considering what would happen to the person you care for should you suddenly be taken ill or have an emergency which means you are unable to care.

Being prepared can't stop emergencies happening, but it can make them just a little bit easier to manage at a time when you need it most.

Write down details of the person you care for, and contact numbers of people who might be able to help, and keep this list in a prominent place.

If you are relying on family or friends to help in an emergency, make sure you discuss in advance what is involved.

About you

Your Name:	Date of Birth:
Address:	
Postcode:	
Telephone number, including area code:	
Mobile:	Work Number:

About the person you care for

Name of person you care for:	Their date of birth:
Relationship to you:	
S/he lives at:	
Postcode:	
Telephone number, including area code:	
Are there any other occupants? If so, please list and state relationship:	
Is the cared-for person known to Social Services or any other care provider? If so, give details.	
Name and address of GP:	

Details of the person's disability, illness or condition:

Are there any communication difficulties?

Does your cared-for person have memory problems/concentration difficulties?

Can they be left on their own, and if so, for how long?

Please explain any problems someone might meet in trying to help. For example: can the person you look after be difficult with someone they don't know?

Medication:

Please ensure that an up to date copy of the medication prescription (inhalers and essential medicines) is kept with current medication.

Details of where medication is kept:

Is this person taking life preserving medication?

Pharmacist/GP/Nurse to contact?

About the help they would need:

What assistance does your cared-for person need i.e. help with getting washed and dressed, help with getting to the toilet, meals, likes, dislikes, etc:

Give any information you think would be useful to a helper taking over in an emergency.

Contact details of helpers who could assist in an emergency.

Consider how they could access the house. Can the cared-for person answer the door/ is there a key safe, and if so do the helpers have the access code?

Name 1:

Relationship to carer for i.e. son, friend, neighbour:

Contact details, including telephone number:

Name 2:

Relationship to carer for i.e. son, friend, neighbour:

Contact details, including telephone number:

Name 3:

Relationship to carer for i.e. son, friend, neighbour:

Contact details, including telephone number:

Name 4:

Relationship to carer for i.e. son, friend, neighbour:

Contact details, including telephone number:

Useful contact numbers:

