



Building
stronger
families

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, and where this plan can be accessed.

Primary carer	
Name:	Date of Birth:
Address:	
Post Code:	
Primary telephone number:	
Secondary telephone 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:	
Main telephone contact:	
Are there any other home occupants? If so please list and state relationship:	
Is the cared for known to Social Services or any other care provider? If so give details.	
Name and address of GP	

About the condition and treatment

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

Are there any communication difficulties?

Does your cared for 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 need, i.e. help with getting washed and dressed, help with getting to the toilet, meals etc:

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

Emergency contact details

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

Name 1:

Relationship to cared for (*i.e. son, friend, neighbour*):

Primary telephone number:

Address:

Name 2:

Relationship to cared for (*i.e. son, friend, neighbour*):

Primary telephone number:

Address:

Name 3:

Relationship to cared for (*i.e. son, friend, neighbour*):

Primary telephone number:

Address:

Name 4:

Relationship to cared for (*i.e. son, friend, neighbour*):

Primary telephone number:

Address:

List of useful contact numbers

Social Care:

Social Care Out of hours emergency duty number:

NHS Direct 111

Non emergency Police 101

Other useful contact numbers:

1.

2.

3.

4.

5.