

Carers
First



Setting up your
**Emergency
Plan**

**Plan
for the
best.**

Emergency Plan

It is important to think about what would happen if you were unexpectedly and temporarily unable to provide care for your relative or friend. An emergency situation could be an unexpected childcare issue, a period of illness, travel disruption, or even a stay in hospital. Taking the time to create an emergency plan now will give you confidence that no matter what life throws at you, you've already planned for the best.

Carer's details

My name

My phone number

My address

Relationship with the person I care for

About the person cared for

Their name

Known as (if different)

Language spoken

Date of birth

Address (if different)

Key holders

Name	Phone number	Address

Medical Conditions – including known allergies

Mobility issues – including aids and equipment

Communication/hearing/sight issues

Is an interpreter required?

Yes No

Medications

Name	Dosage	When to be taken	Reason for taking

Behavioural, physical and emotional needs

Safety issues for a person visiting the house

– including dogs, hoarding or poor state of property

Important contacts – GP, pharmacy, others in support network

Name	Organisation/Relationship	Phone number

Social Care Support – package of carers

Carer	Day(s)/Time	Support duties

Likes and dislikes – including cultural and religious needs

Dietary needs – including food allergies, and foods that cannot be consumed for religious reasons

Additional support – e.g., toileting, feeding, equipment, and anything that requires specialist training

Notes

Keep your plan somewhere safe and visible in your own home and give copies to the people who are most likely to need it in an emergency.

If you would like advice about your emergency plan or additional support in other areas, please call Carers First on **0300 303 1555** or email hello@carersfirst.org.uk

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