

Information about Carer Emergency Plans

It is advisable for all carers to create an emergency plan with the person they care for to use in circumstances where help from other people to deliver care may be required. Depending on the circumstances, this could be from family or friends or a care provider.

To create an emergency plan that fits the needs of the person you care for, you will need to consider:

- Details of the name and address and any other contact details of the person you look after.
- Who you and the person you look after would like to be contacted in an emergency – this might include friends, family or professionals.
- Details of any ongoing routines they follow.
- Details of any medication the person you look after is taking.
- Details of any ongoing treatment they need.
- Details of any medical appointments they need to keep.

The plan should be a live document that can be and is updated regularly and in a format that is easily shared with other people who will need to discuss the plan with the person you care for.

More information can be found at Carers UK Planning for Emergencies giving examples of different sources of support that can strengthen your plan such as drawing on networks of community and family support; what technology can be used to support someone you look after.

Please click [Here](#) to download your copy of the Emergency Plan.