

Carer's Emergency Plan

A quick-reference guide to ensure the person you care for receives safe and appropriate support if you are suddenly unavailable.

1. Emergency Contacts

Name	Relationship	Phone	Backup Phone

2. Key Medical Information

GP Name & Practice	
GP Phone	
NHS/CHI Number	
Current Medications	
Allergies	
Health Conditions	

3. Immediate Needs

Daily essentials (e.g. medication times, food, hydration)	
Mobility aids and assistance required	
Preferred routines or calming activities	
Pets or dependants needing care	

4. Next Steps in Case of Emergency

- Call the emergency contact listed above first.
- If medical attention is needed, dial 999.
- Contact the GP or out-of-hours service if appropriate.
- If no contact is available, alert Social Services for support.
- Clearly document any actions taken.

5. Additional Notes / Instructions

This plan is designed to be kept in an easy-to-find place and updated regularly. Keep a printed copy with key contacts and medications list.