

Setting up your Emergency Plan



As well as having your Emergency Card, we recommend you set up an Emergency Plan

DAILY ROUTINE

DAY/DATE: _____

MOOD:     

MORNING	S	M	T	W	T	F	S
	✓	✓	✓	✓	✓	✓	✓

ACTIVITIES
Example

AFTERNOON	S	M	T	W	T	F	S

ACTIVITIES

NIGHT	S	M	T	W	T	F	S

ACTIVITIES

Likes and dislikes - including cultural and religious needs

[Redacted area for likes and dislikes]

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

[Redacted area for dietary needs]

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

[Redacted area for additional support]

Notes

[Redacted area for 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 Durham County Carers Support on: 0300 005 1213 or email admin@dccarers.org