# Setting up your Emergency Plan





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

### 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 to 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 pe	rson visiting the house -	including dog, hoarding or poor state of property		
Important Contacts -	- GP, Pharmacy, others in su	pport network		
Mobile:	Mobile:			
Telephone:				
Email:	Email:			
Mobile:	Mobile:			
Telephone:				
Email:				
Social Care Support -	package for Carers			
CARER	Days/Times	SUPPORT DUTIES		

CARER	Days/Times	SUPPORT DUTIES

### DAILY ROUTINE

DAY/D	ATE:							M00D: (2) (2) (2) (2)
	s	М	Т	W	Т	F	s	ACTIVITIES
9 N	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>✓</b>	<b>/</b>	Example
MORNIN								
W 0								
	S	M	T	W	T	F	S	ACTIVITIES
0 O								
R N (								
AFTERNOON								
	s	М	1	W	Т	F	S	ACTIVITIES
_								
NIGHT								
2								
		I .	1	I .	I .	1	I .	

## Likes and dislikes - including cultural and religious needs including food allergies and foods that cannot be Dietary needs consumed for religious reasons e.g. toileting, feeding, equipment and anything Additional support 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 Durham County Carers
Support on: 0300 005 1213 or email admin@dccarers.org