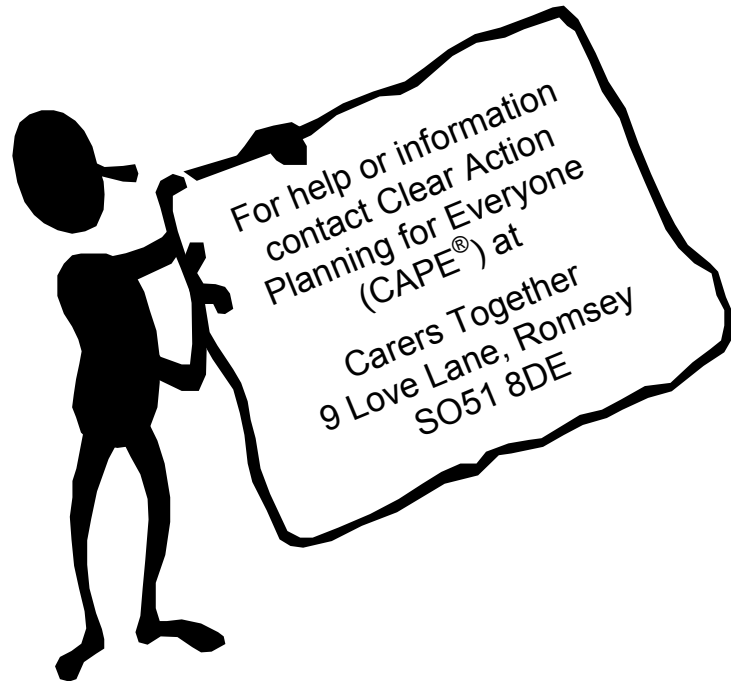


# Carers Emergency Arrangements



**Tel: 01794 519495**

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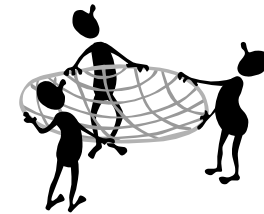


Charity No. 1051879

Reviewed July 2016

# Emergency Arrangements

**for carers and other people**



Are you the relative, friend or neighbour of someone who may be old or frail, have a mental illness, a learning disability, physical disability, a sensory disability or a severe medical or long term health condition?

Do you worry about what will happen to them if you have an accident, or your car breaks down, or you are taken ill suddenly?

Are you someone who lives alone or has no close relatives nearby? Do you wonder what will happen to you if you have an accident or are taken ill suddenly?

## Why make emergency arrangements?

**It is a useful method** of supporting carers in their caring role.

**If any carer is taken ill, or has an accident**, he/she needs to carry something to identify that they are responsible for caring for another person, and that someone needs to be notified of their situation or potential delay in returning home.

**It is a reminder to carers to make emergency arrangements**, for themselves and the person care for, by settling up identified, willing and recognised contacts.

**It can be simple and unobtrusive** and needs only a small contact card the size of a credit card.

**It doesn't need to be detailed or complex**, the simpler the information the better its use.

**The concept of carrying a contact card** with you at all times could be applied to anyone, but is especially useful for carers, who need to return by a certain time in order to care for someone else.

**It is easy to find** if carers are unable to tell people of their situation.

**It will not be onerous for the people/contact** used for the emergency arrangements.

**It is easy to change** when the arrangements change, for instance when the emergency contact is away on holiday or unavailable.

**It is important to make arrangements to cover emergencies**, even though they may never be needed or used.

## Emergency Arrangements

Arrange for one or two contacts who know you and your circumstances. Ensure that everyone involved knows how to act in the event of an emergency and what should be done if you are ill or have an accident.

If you do not have family or friends who could be your contact, it may be possible for a member of your local support group or carers forum to be your link - why not contact them to find out?

It may also be useful to carry **a mobile phone** in case you are unavoidable delayed or your car breaks down and to put an ICE (In case of emergencies) number in the address book.

Making arrangements will give you some peace of mind and ensure that there is always someone who can easily be reached in an emergency.

## The Emergency Credit Card

**You do not need to obtain or use a particular card.** Simply cut a piece of thin card the size of a credit card.

Put on your first name. State 'In the case of an emergency or accident please contact one of the people below' then put the first names and telephone numbers of your arranged contacts.

### WARNING!!

- Do not include your surname or the surname of your contact
- Do not include your address or the address of your contact

There are concerns that in carrying a detailed means of identity, we are taking the risk that if we have an accident, or our pocket is picked, or our handbag is stolen, an unscrupulous person could use the address, together with our keys, to take advantage of our absence.

