Islington Age UK

ISLINGTON CARERS HUB

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Carers – Creating an Emergency Plan

Intro: Guidance on creating an emergency plan with the person they care for, to use in circumstances where help from other people to deliver care may be needed.

What is an Emergency Plan

We advise 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 needed. Depending on the circumstances, this could be help from family or friends, or a care provider.

In order to create an emergency plan that fits the needs of the person you care for, you will need to set out:

- 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
- 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

Who should I share this information with?

You should also ensure that it is in a format that can readily be shared with other people who will need to discuss the plan with the person you care for.

Having this important information in one place could be of immense support and help when needed at a critical time, when time might be limited. Talk about the plan with the person you care for, if possible, and also with those you would like to be named emergency contacts.

It would also be useful to share it with trusted family members or friends and healthcare professionals. Give people a copy of the plan – or let them know where they can find it and make sure the information is regularly updated.

How can I get help with this?

You can contact Islington Carers Hub if you need support with this.

For more information

Please contact Islington Carers Hub on 020 7281 6018 / info@islingtoncarershub.org