

Adult Carer Emergency Plan



Being a carer can be difficult at the best of times, but it can be extra stressful if something unexpected happens, either to yourself or the person you are caring for. Planning ahead can help you manage these changes by being prepared, knowing what to do and who to ask for help and support. This form can be used to help you plan for the unexpected and ensure the person you care for is looked after, should you become unwell or there is an emergency. We would urge you to talk to the people, agencies etc. you include on the form about what they might be able to do and how their information will be stored.

Also, you need to keep a copy of the form, where it can easily be located.

About me and my family and services we access:

My name is	
My age and Date of Birth	
Gender	
Ethnicity	
Address	
Telephone No	
Mobile No	
Other people who live with me are...	
We have a pet and we have the following arrangements in place If they need to be cared for.	<p>Cinnamon Trust/ Faith Animal Sanctuary/ Norstead.</p> <p>Add specific instructions/ details for more exotic animals.</p> <p>Add details about any particular treatments etc.</p>
Car Registration.	

More about the person I care for:

I have consent from the person I care for to share this data.	
I care for.....(add details for the person you care for and any other people you support	

if you care for more than 1 person).	
Preferred name (s)	
Cared for persons age and Date of Birth (if you care for more than one person record their details here).	
The person/ people I care for either live with me or separately from me (add address for them if live separately).	
Telephone No	
Mobile No	
Relationship to Carer	
Gender	
Ethnicity	
Condition of the person you Care for	
Please give a brief description of the person and their circumstances	
Do they have any communication needs? If so, what are they?	
Do they have any memory problems? (e.g. dementia)	

What I help with

What do you as a Carer help with....	
Medication, when is it required and what do you do? Where is it stored? Is it collected or delivered?	
Which GP practice and which pharmacy does the person being cared for use?	
Meals and helping to eat and	

drink?	
Getting to the toilet?	
Getting washed and dressed?	
Any other support e.g. this could include mental health support.	
Are you receiving support from any other services e.g. NCC/ Norfolk and Suffolk Foundation Trust.	
If you have an allocated worker/ team, what are their details?	
Is anyone else involved in providing carer, paid or unpaid?	
If yes, please give details.	
How long can the person you care for usually be left alone.	
Do you provide help during the night?	
If yes, what help do you provide during the night?	
Does the person you care for have any pets?	
If yes, what pets and where are they? What care would they require? 'Please confirm who can look after them'.	

Property Access:

Can the person you care for answer the door?	
Do they have a Keysafe?	
If they have a Keysafe what is the number?	
How else would we access the property?	

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Assistive technology:

Does the person/ people you care for have any assistive technology that triggers an alarm (e.g. care line, pendant alarm, pressure mats?)	
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Additional information:

Do you have Lasting Power of Attorney for health and welfare for the person you care for?	
If yes, where is it kept?	
Do you have Lasting Power of Attorney for property and financial affairs for the person you care for?	
If yes, where is it kept?	
Does the person you care for have care funded through continuing health care (CHC)?	
Does the person you care for have a DNR/DNAR (do not resuscitate/ do not attempt resuscitation) form in place?	
If yes where is it kept?	
Does the person you care for have an advanced care plan?	
If yes, where is it kept?	

Things that might happen to me:

If I am unwell and need someone to help me I will...	
If I am unwell and need someone to help the person I am caring for, I will...	
If I am in work or further education and get stuck at work/ college/ university and I can't get home I will...	

If my situation suddenly gets worse and I am struggling to attend work and/or keep up with my studies, I will...	
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Things that might happen to the person I am caring for:

If someone else also providing care is ill or doesn't arrive and I am left alone to care, I will...	
If the person I care for becomes unwell or has a health emergency, I will...	Gold Standard framework/ Care plan etc.
If the person I care for needs to go to hospital and I am on my own at home, I will...	

Things that might happen at home:

If there is an emergency at home e.g. flood, fire, power cut, gas leak, I will...	
If I get locked out of the house, I will?	
If there isn't enough money for food & bills, I will...	

Emergency Plan:

What would you want to happen if you were unable to continue to provide care?	
Have you spoken to the person you care for about what they want?	
What does the person you care for want to happen if you were unable to care for them?	

My Emergency Contacts are:

Who would be able to support in an emergency-Family, friends, neighbours etc.

People to be informed:

You need to confirm that you have the permission of the people below to share their details with Norfolk County Council Adult Social Services Department for the purposes of being contacted in an emergency.

Please list in order of contact priority, with who we should contact first as number 1.

Contact order	Name	Relation ship to cared for	Contact details	Can ASSD contact them in an emergency?	What support are they able to offer?	Will they look after pets?

If you don't have contacts who can help would wish Adult Social Services to help in an emergency?	
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Checklist:

Have you got your Emergency Contacts' numbers stored on your phone?	
Do your Emergency Contacts know they are on this Emergency plan and what they need to do?	
Is there a Care Plan for the person you are caring for, and is it easy to find?	
How can access be gained to you or the person you Care fors property e.g. do you have a key safe?	

Date this Emergency Plan was completed:

It is the responsibility of the Carer to keep the plan updated and notify ASSD and any other parties they have shared the plan with of this.

It is the responsibility of the Carer to consider what plans are needed in an emergency; in the event they are unable to either 1/ devise an emergency plan or 2/ we are unable to enact it; NCC will need to explore and consider appropriate support to address the crisis e.g. replacement care or looking to other sources of support to assist.

Useful information & links:

Please visit Carers UK for useful information in respect of Emergency Planning: https://www.carersuk.org/help-and-advice/practical-support/planning-for-emergencies?gclid=EAlalQobChMI5Pjj4Kux7AIVlvtCh2iXQuPEAAAYASAAEgKnXPD_BwE

Have you also considered:

Message in a Bottle: <https://carers.org/emergencies/message-in-a-bottle>

Herbert Protocol: [https://www.google.com/url?](https://www.google.com/url?sa=t&rct=j&q=&esrc=s&source=web&cd=&ved=2ahUKEwjlorHY29fsAhWCSshUIHYkiCHMQFjACegQIBRAC&url=https%3A%2F%2Fwww.norfolk.police.uk%2Fsites%2Fnorfolk%2Ffiles%2Fherbert_protocol_form_public_and_partner_v1.4.docx&usg=AOvVaw2Ikvl1qgk2U4qB3Rk2e4Sx)

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