**Sefton Carers Centre**

**Carers Emergency Plan**

This emergency plan is to support the care of the person you care for in the unfortunate event that you are ill or unable to provide care as required. The plan is to identify areas for consideration, to maximise all areas of care and support needs in your absence. If you would like to discuss any further areas of support, please contact Sefton Carers Centre on **0151 288 6060.**

**Your Health:**

It is important for you as a carer to look after your own health as well as the person you care for. One of the ways you can do this is by accessing services and support through Sefton Carers Centre. In addition to this, you may also like to consider having an NHS health check.

NHS health checks are for people aged 40 -74 and can be arranged through speaking with your GP.

**My Details**

|  |  |
| --- | --- |
| My Name  |  |
| My relationship to the person I care for e.g. wife, son, mother etc |  |

**About the person I care for**

|  |  |
| --- | --- |
|  Name |  |
| What they liked to be called (if different) |  |
| Date of Birth  |  |
| AddressTel:  |   Postcode: |
| Main language (spoken or understood) |  |
| GP surgeryname/contact detailsTel:  | Name: Address:  Postcode: |
| Nature/diagnosis of illness or disability |   |
| Does the person you care for receive support from Sefton Council or Social Care?  | *If yes, please provide any relevant information or key contacts.* *Including; name of agency, contact number and how often support is given.*  |
| Does the person you care for have any allergies? | *If yes, please provide details.* |
| Does the person you care for take any medication? | *Please record; names of the medications and the times taken.* *Attach copy of recent Prescription if available. Where is medication kept?* |
| **Main support needs:** E.g. Personal care i.e. washing, dressing or practical or emotional support.  |
| **Other information about the person you care for:***Please provide any other information which may be useful to know about the person you care for, such as:** *If they use any specialist equipment i.e. walking frame*
* *Help that requires specialist training i.e. peg feed*
* *Any memory problems or challenging behaviours*
* *Likes and dislikes*
 |

**Who would assist me in an emergency?**

**Emergency contacts** could be family members/friends or neighbours, you could rely upon to provide support to the person you care for in your unexpected absence. Please tick the relevant box if an emergency contact is also a key holder.

**Key holders** could be family members/friends or neighbours who live locally and hold a key to your home. These people would not necessarily be called upon to provide care, however, you may want them to access your home in your absence, for example, to feed a pet or collect mail etc.

**Please ensure both emergency contacts and key holders have agreed to being part of your Emergency Plan and let your emergency contacts know where this Emergency Plan is kept or ensure they have copy.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Emergency** **Contact** **Key Holder**  | **Emergency** **Contact** **Key Holder**  | **Emergency** **Contact** **Key Holder**  | **Emergency** **Contact** **Key Holder**  |
| Name |  |  |  |  |
| Relationship to you  |  |  |  |  |
| Relationship to the person you care for |  |  |  |  |
| Telephone number (mobile) |  |  |  |  |
| Telephone number (home) |  |  |  |  |
| Telephone number (work) |  |  |  |  |

|  |  |  |
| --- | --- | --- |
| Have you registered for a Carers Emergency Card at Sefton Carers Centre?  | **Y** / **N** | If you have answered **No**, it may be helpful to ask a member of staff at Sefton Carers Centre about how having this card could also assist you in an emergency situation and how to apply.  |

**Other Information / Instructions**

|  |
| --- |
| *I.e. Are there; any pets that also require looking after in my absence? Others living in the household? key safe number? Etc.* |
| **Date form completed** |  |

**Please do not return this Plan to Sefton Carers Centre, this plan is to be shared with your chosen Emergency Contacts to support them to continue caring in your absence.**