

Support for Carers

Carers UK and Local Authorities are sources of support for Carers in Scotland and the rest of the UK. You can access Carers UK [here](#) or contact them via telephone on 0808 808 777.

You may wish to consider the use of technology in caring for someone. Carers UK have compiled information relating to the use of technology in care which can be accessed [here](#).



This information leaflet has been designed based on information and resources published by Carers UK - <https://www.carersuk.org>

Support for Carers – Create an Emergency Plan

When caring for someone situations can change quickly and you may find yourself unable to provide the same level of care for those you care for at short notice. Carers UK advise all carers to create an emergency plan to help ease worries if you are unable to care for those as you normally would.

Carers UK suggest that carers consider the following when creating an emergency plan and be sure to give people a copy of the plan or let them know where to find it:

- Details of the name, address and contact person you care for.
- Who you and the person care for would like to be contacted in an emergency – this might include friends, family or professionals.
- Details of any medication the person care for is taking and where they are stored.
- Details of any ongoing treatment.
- Details of any allergies.
- Details of GP and pharmacy.
- Details of any care and support services the person you care for receives.
- Any continence products needed and who supplies them.
- Any mobility challenges and mobility aids of the person you care for.
- Anything behavioural that others need to be aware of.
- Prepare a single hospital bag, including:
 - Emergency contact list.
 - Details of medication – type, dose and frequency.
 - Details of planned care appointments.
 - Anything they would need for an overnight stay i.e. pyjamas, toothbrush, medication.
 - If the person you care for has an advanced care plan include a copy of this.

This information leaflet has been designed based on information and resources published by Carers UK - <https://www.carersuk.org/help-and-advice/practical-support/planning-for-emergencies>