



# Carers' Emergency Plan

**JEWISH CARE**

## WHAT IS A CARERS' EMERGENCY PLAN?

As a carer you need to know that if an emergency happens, replacement care will be sorted out speedily and efficiently. It's important to think about who will care for your friend or family member if something happens to you. If you become ill or go into hospital, knowing that you have a plan in place can give you peace of mind.

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

## REASONS FOR HAVING AN EMERGENCY PLAN

**1** For families to have a conversation about the current situation and care in place so they are aware of the wishes of the cared-for person, options of care and support that can be provided in an emergency.

**2** To have all information related to the cared-for person's care and support in one place that may be useful to Social Services or the nominated people to safely look after the person you care for.

## BACK UP CARER

Ask a family member or friend if they are willing to be a back-up carer. Discuss what they would need to do and provide copies of any documents or emergency plans. The Local Authority will provide short term emergency care if no-one is available.

## MAKING AN EMERGENCY PLAN

Write down key things about your friend or family member's health and care so that other people will know what to do if you're unable to care for them.

**You could include information such as:**

- Name, telephone number and address and their next of kin's details
- GP and healthcare team's contact details
- List of medication, dosage and timings and at which pharmacy repeat prescriptions are held
- Back-up carer's contact details
- Medical condition and healthcare needs
- What care and support they need
- How they communicate (what language do they use/understand)

- Hearing & eyesight – whether they use hearing aids or glasses
- Usual daily routine
- Any particular likes or dislikes
- Any allergies
- What support is needed at mealtimes and any dietary requirements
- list of local services or people who can help with shopping/transport/ collection of medication/personal care
- Information about their Lasting Power of Attorney
- Anything required to support their religious practice
- Any pets' needs – don't let the cat out, please feed the dog, name & number of the vet practice and pet minder or person who will look after the pet. Any medication the pet is taking
- How long it takes the cared-for to answer the door

You could also include information about how to get into their home, who has spare keys, and how to use things like the central heating.

## WHERE TO STORE

Give copies to all emergency contacts, including private carer/care agency; GP; LPA. Also, have a copy easily accessible in the cared-for person's home, for example on the fridge or kitchen table.

Please note that copies held by Jewish Care will not be accessible out of office hours, so encourage carers to register with their local Local Authority scheme (where available) which is monitored 24/7.

## CARER'S EMERGENCY CARD (LOCAL AUTHORITY) SCHEME

In some areas there are emergency card schemes that have been set up for carers, often by the local council/trust or a local carers centre. This might be called:

- Carer card scheme
- Carer's emergency card
- Emergency care scheme
- Carer's emergency alert card

In these instances, carers are usually asked to register and draw up their emergency plans. The plans are held by the scheme which provides a 24-hour response service. Carers carry a card or keyring with the scheme's telephone number and a unique identification number to avoid any personal details appearing on the card.

If something happens that means you're unable to return home and make your own arrangements, emergency and health services will call the scheme's phone number.

An operator would look up your emergency plan and make arrangements for replacement care. This could involve contacting friends or family or putting in place professional help. Plans will have been shared with them so they will know the individual requirements of the person requiring care, such as medication.

## TIPS

- Carers UK have a template you can use at [carersuk.org/search/planning-for-emergencies](https://carersuk.org/search/planning-for-emergencies).
- Save emergency numbers on your phone. Your phone may have options for saving emergency contact details. Depending on the make and model, you may be able to set your lock screen to display an emergency contact number. Try searching in your phone's settings for: · emergency contact details · emergency SOS, · lock screen preferences.
- Think about whether there are alternative ways of getting shopping to the person/people you care for. Trusted neighbours or local support groups can help.
- Prepare a single hospital bag for the person you look after. This should include their emergency contact details, a list of the types of medication they take (including dose and frequency), any details of planned care appointments and things you would need for an overnight stay (snacks, pyjamas, toothbrush, medication etc). If they have an advanced care plan or DNAR, please include that.
- You could sign up to a repeat prescription delivery service if the person you care for is reliant on regular prescription medication.
- Digital Legacy – passwords should be saved somewhere accessible to be accessed in case of need. There are many apps that can be used for that – like [lastpass.com](https://lastpass.com)

## MESSAGE IN A BOTTLE KIT

The Message in a Bottle kit includes a form, where personal and medical information is detailed. This is placed in the bottle (with its distinctive green branding), which is stored in the fridge. Two stickers are provided: one for the fridge door and the other for the inside of the front door of the premises. It is known to emergency services. To obtain one call **0345 833 9502** or email [mdhq@lionsclubs.co.uk](mailto:mdhq@lionsclubs.co.uk) or speak to the Jewish Care Family Carers Team.

**For more information contact the  
Family Carers Team on 020 8922 2222**