

CARERS AND CONTINGENCY PLANS

We know that many carers do not have time to think about what would happen if they were taken ill or have an accident. Should this happen, then it's good to have a plan in place. Use this sheet to make your plan.

1. **IDENTIFY AN IMMEDIATE CONTACT AND A LONGER TERM CONTACT** – they may be the same person.
2. **TALK TO THEM ABOUT HOW MUCH TIME THEY MAY HAVE, AND WHAT THEY CAN DO.** Make sure they can get to the person you care for.
3. **GIVE YOUR CONTACTS A COPY OF THIS FORM, OR MAKE SURE THEY KNOW WHERE IT IS.**
4. **ADD YOUR OWN SHEETS IF YOU NEED TO SAY MORE ABOUT YOUR SITUATION.**

Things to think about

Is there someone who can step in straight away if needed, do you need to think of a few people to help? What sorts of services would give you peace of mind in an emergency? For example friends, a church group or a local Age Concern Office might be able to help.

3. Do you know about or have of the following in place? - All these schemes are free

THE DATA LINK SCHEME (FRIDGE POTS) - a small pot can be placed in the fridge, which contains an **emergency contact information pack** - details such as next of kin, medication social workers, etc. The pot is kept in your fridge, and a green sticker is provided to put on the fridge door. All emergency services know of the scheme and check fridges for Data Link Pots. **You can get a free Data Link Fridge Pot from Herefordshire Carers Support – 01432 356068. Use it as part of your contingency plans.**

THE CARERS EMERGENCY CARD - Herefordshire Carers Support Emergency Card Scheme works together with Herefordshire Housing Careline Scheme. You get a card with an ID number on it and an emergency contact number. If you have an accident, emergency services will contact Careline, the Careline staff then phone your contacts which you have already given them. To join the scheme, phone 01432 356068 and ask to speak to Rachel.

KEYSAFE – If you care for someone who is unable to get to the door, then a keysafe is the answer. This small discreet metal box is fixed to the outside of your house. It holds 2/3 keys and is opened by a number code. You can give the number code to people so they can then get into your house. Contact Herefordshire Council You @ Home Team 01432 260757. There is no charge for the keysafe or installation.

ICE ('in case of emergency') If you have a mobile phone, put a contact or next of Kin under the heading ICE. Emergency services check mobile phones for ICE contacts.

SOCIAL SERVICES OUT OF OFFICE HOURS DUTY SOCIAL WORKER 0330 123 9309. If all else fails then phone and speak to a Social Worker. A Social Worker can be contacted out of hours on the above number between 5pm – 8am and at week-ends. During office hours phone 01432 260000 and ask for your local Social Services Office.

MY CONTINGENCY PLAN

Dated.....

I care for.....

And they live at.....

If I am taken ill or have an accident please contact the following:

1. IMMEDIATE CONTACT - THIS PERSON CAN COME AT SHORT NOTICE:

Name.....Phone.....

They can stay for approximately.....hrs, or days. It will take them about.....hrs to get to my home.

They can help with (e.g. provide personal care, staying with the person I care for, help with meals, shopping, medication, etc.):-

2. LONGER TERM HELP - THIS PERSON CAN HELP IN THE LONGER TERM

Name.....Phone.....

Is there anything they would not be able to do e.g. personal care, lifting etc?

What would be the way to fill the gaps? E.g. additional domiciliary care at home.

What would need to happen if/when they can no longer provide help? E.g. additional care at home from an agency, residential or nursing care?

My 'Flu Friend' is:.....Phone.....

**I have the following:-
(please tick)
And those named
know about them**

Data Link (fridge pot)

Emergency Card Scheme

Keysafe

ICE

Social Worker contact number

When you are better – will you be able to maintain the same level of care and support you have been giving? Or will you need additional help to do this – Think about this!