

*Together our voice  
is louder*

# HEREFORDSHIRE Carers support



## Planning for an **EMERGENCY**



- Herefordshire Carers Support Emergency Card Scheme**  
I am a member of this scheme.
- ICE contacts (In Case of Emergency)**  
I have ICE contacts saved to my mobile phone.
- Spare key/key safe**  
My emergency friend/family have a spare house key or know my key safe code.
- Medication**  
Details/lists for me, and the person I care for are listed and kept up-to-date.
- Emergency friend**  
I have someone I can rely on to help if I am feeling unwell or in an emergency.
- List of emergency contacts**  
I have an up to date list of contacts to notify stating 'who's who' including details.
- Emergency information**  
I have notified my Family/Friends of where to find information they may need
- GP declaration**  
I have signed a GP declaration form allowing my GP to share my personal information.

# My emergency contingency plan

<b>Name</b>		<b>Date of birth</b>	
<b>Address</b>			
		<b>Post code</b>	
<b>Telephone</b>		<b>Mobile</b>	
<b>Email</b>			

**My health conditions include:**

1.
2.
3.
4.

**My emergency contacts and 'who's who' are:**

*ICE	Name	Number	Relationship to me	Key holder
1.				<input type="checkbox"/> Yes <input type="checkbox"/> No
2.				<input type="checkbox"/> Yes <input type="checkbox"/> No
3.				<input type="checkbox"/> Yes <input type="checkbox"/> No

\*ICE – In Case of Emergency number (e.g. ICE 1etc. on phone)

**My Emergency Friend is:**

Name	Number	Relationship to me	Key holder
			<input type="checkbox"/> Yes <input type="checkbox"/> No

My **medication details** are:

Name	Dosage	Frequency	Extra information

My **medication** is stored: (e.g. in the kitchen cupboard above the kettle)

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My **GP / surgery** is:

Name	Practice	Contact number

The **Pharmacy** for my prescriptions is:

Name	Contact number

Prescriptions  I collect  Pharmacy deliver

## Pet care

I have the following <b>pet's</b>	
The pet / animal's I have are	Their names are

If I am unable care for my pet contact my <b>emergency pet contact</b> is:			
Name	Contact number	Relationship to me	Key holder
			<input type="checkbox"/> Yes <input type="checkbox"/> No

## Other services I have

**In an emergency** situation please contact the following to cancel the services I receive from them

(E.g. Milk man, Care agency, Meal deliveries, Gardener, Hairdresser, Cleaner)

Name	Contact details

# I provide care and support for...

Name		Date of birth	
Address			
		Post code	
Relationship to me			
Telephone		Mobile	

Their **health conditions** include:


My **cared for medication** details are:

Name	Dosage	Frequency	Extra information

Their **GP / surgery** is:

Name	Practice	Contact Number

Their **pharmacy** for prescriptions is

Name	Contact details	Prescriptions
		<input type="checkbox"/> I collect <input type="checkbox"/> Pharmacy deliver

## I also provide care and support for...

Name		Date of birth	
Address			
		Post code	
Relationship to me			
Telephone		Mobile	

Their **health conditions** include:

1.

2.

3.

4.

My **cared for medication** details are:

Name	Dosage	Frequency	Extra information

Their **GP / surgery** is:

Name	Practice	Contact Number

Their **pharmacy** for prescriptions is

Name	Contact details	Prescriptions
		<input type="checkbox"/> I collect <input type="checkbox"/> Pharmacy deliver

# Additional information and notes

A series of horizontal dotted lines for writing notes.

# Useful contact numbers

## Emergencies

Fire and ambulance service ) 999

## Home fire safety checks

) 0800 032 1155

**NHS** ) 111

## Taurus Healthcare out of hours

**GP service** contact NHS ) 111 to ask for an appointment with Taurus or ring your own GP (6 -8pm weekdays and 8 -8pm Weekends and Bank Holidays)

**Hereford hospital** ) 01432 355444

## Community hospitals

Ross on Wye

) 01989 562100

Leominster

) 01568 614211

Bromyard

) 01885 485700

Ledbury

) 01531 632488

## Dentist access centres

Goal Street Hereford

) 01432 378920

Asda Hereford

) 1432 382180

Leominster

) 01568 619380

Ross

) 01989 561114

Ledbury

) 01531 637615

Kington

) 01544 232511

Ewyas Harold

) 01981 241393

## Hereford Council

) 01432 260000

**Adult social care** – Advice and Referral Team ) 01432 260101

Out of Hours Social Care

) 0330 1239309

**Mental health team - 2gether Trust**

) 01432 383231





# Additional contingency planning for Carers

Further information and advice is available from Herefordshire Carers Support for Carer's regarding **EMERGENCY** and longer term contingency planning, legal and financial advice, etc.

If you would like to know more about any of the following or would like support to access information then please enter your details on the form, tick the box by the relevant subject and return to our freepost address which is on the reverse of this form.

<b>Name</b>			
<b>Address</b>			
		<b>Post code</b>	
<b>Telephone</b>		<b>Mobile</b>	
<b>Email</b>			

- Wills
- Power of attorney
- Trust Funds
- Funeral plans
- Herefordshire Carers Support Emergency Card Scheme
- Ready meals
- Key safe
- Life books
- I would like someone to help me talk to my family about getting ready for emergencies
- I would like to attend a contingency planning workshop

Return to:

Freepost RTGA-ELYH-SXHA  
Herefordshire Carers Support  
Bath Street  
HEREFORD  
HR1 2HE



Herefordshire Carers Support is a registered charity providing practical support and advice to the carer community in the county

Berrows Business Centre, Bath Street, Hereford HR1 2HE | Tel: 01432 356068

email: [help@herefordshirecarerssupport.org](mailto:help@herefordshirecarerssupport.org) | [www.herefordshirecarerssupport.org](http://www.herefordshirecarerssupport.org)

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