# Emergency care plan

An emergency care plan has all the information about the person you care for in one place, so you can get it quickly and easily.

An emergency care plan makes it easy for someone to take over from you in a hurry.

## Instructions

1. Fill in your emergency care plan
* It should have all the information someone else would need to know to look after the person you care for
* If you need to add more information, you can write it on extra pages and keep them with your plan
* If you need help filling in your emergency care plan, call Carer Gateway on **1800 422 737**
1. Save your emergency care plan
* Save the plan to your computer or phone
* Print out copies of the plan
1. Share your emergency care plan
* You can give people a printed copy or email it to them if you have saved it on your computer
* Give a copy to each of your emergency contacts
* Give a copy to your doctor, and anyone else who may need to know what to do

# Emergency contacts

## My details

Name:

Relationship to the person I care for:

Address:

Phone:

## Details of the person I care for

Name:

Age:

Address:

Phone:

Language spoken:

Person’s condition, illness or disability:

## My emergency contacts

Name:

Phone:

Name:

Phone:

Name:

Phone:

## If something happens to me

I would like my emergency contacts to:

My emergency financial arrangements are:

# Care needs

## Care routine

The person I care for needs:

* Full time care
* Regular visits
* Meals only

The person I care for needs help with:

* Getting meals
* Going to the toilet
* Showering/bathing
* Taking medicine
* Getting out of bed/moving around
* Mental health/emotional issues

When do they need help (what is their usual routine):

Food and diet, likes and dislikes, food allergies:

Behaviours, calming strategies:

## Home and community care services

Organisation/service provided:

Phone:

Organisation/service provided:

Phone:

Organisation/service provided:

Phone:

## Other information

Use this space to include any other important information:

# Medical information and contacts

## Medicines

Medicine allergies:

Medicines, dose/timing, special instructions:

## Health information

Medicare number:

Ambulance fund/Registration number:

Health insurance fund/Registration number:

Medic-Alert number:

Safety Net number:

Concession card type:

## Doctor

Name:

Address:

Phone:

## Pharmacist

Name:

Address:

Phone:

## Health professional/hospital

Organisation/service provided:

Address:

Phone:

# Medicine list

Medicine allergies:

| Medicine name | Dose/timing | Other important information |
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# Carer emergency card

A carer emergency card is a card you can carry in your wallet to let people know that you care for someone.

It’s a good idea to carry an emergency card to make sure the person you care for will be looked after if something happens to you.

The person you care for should also carry a card in their wallet to let people know they are being cared for by you.

## Instructions

1. Print out and fill in the cards
2. Cut the cards out along the dotted lines
3. Fold the cards in half along the solid line
4. Put the carer card in your wallet
5. Give the other card to the person you care for, to put in their wallet or carry with them



