



DUNDEE CARERS PARTNERSHIP INFORMATION FACTSHEET No. 3

Emergency Planning

As a Carer, you may worry about what would happen to the person you care for if you were suddenly unavailable perhaps due to accident or illness. Some carers find it helpful to make a plan with the person they support.

What is an Emergency Plan?

An emergency plan is a plan which sets out what practical arrangements can be put in place when you are unable to undertake the caring role. Having a plan in place can stop an emergency becoming a crisis and can give you and the person you support peace of mind. Emergency planning can be relevant to all carers, irrespective of the age of the carer, the age of the person they support or the health needs or disability the supported person has.

You may already have an informal plan in place with a family member or friends. You may also have a more formal plan in place with the agencies working with the person you care for. You can discuss Emergency Planning when you complete an Adult Carer Support Plan or Young Carer Statement.

How can an emergency plan be developed?

If the person you support has a care plan or care package in place you should ask them if a plan has already been made for a potential crisis, and where this plan is held. Sometimes the plan may be already written down in other planning documents and may have a different name (e.g. Anticipatory Care Plan). If the person you care for has recently had an assessment by someone in Health and Social Care their assessment record may be a useful way of making sure all aspects of care and support are considered in the emergency plan.

Alternatively you and the person you support can develop your own emergency plan through using toolkits such as Enable Emergency Planning Toolkit - <https://www.enable.org.uk/get-support-information/families-carers/future-planning/emergency-planning/>. This plan can then be shared with the supported person, and



relevant friends, family and professionals. Please be sure to date the plan and check the persons and services named are in agreement that they can help.

A helpful way to record emergency contact information is the Message in a Bottle Scheme. Message in a Bottle is where you keep essential personal and medication details in a small bottle in the fridge.

Paramedics, police, fire-fighters and social services know to look in the fridge when they see the Message in a Bottle stickers. This can be really helpful if you or the person you support has a condition that can suddenly change so that they need medical help; such as diabetes or allergies. You can find out more at - <https://carers.org/article/message-bottle#>.

What support is available to help you to develop an Emergency Plan?

You and the person you support can gain support to develop an emergency plan when completing an Adult Carer Support Plan or Young Carer Statement. Even if you, or the person you support do not want or need services and supports at the moment you can ask for help to support to develop an emergency plan only.

If you are an Adult or caring for an adult you can contact First Contact Team at 01382 434019 or any of the professionals involved in supporting you and/ or the person you care for and they will provide you with assistance.

If you are a Young Carer may worry about what would happens to the person you support if you weren't there. If you can, you should speak to someone about this, where possible, speak to the adult you care for, if you care for a child talk to the child's parent or guardian. You should take the opportunity to speak to your 'Named Person' about this. Additionally if you need or want someone out with the family to talk to can contact Dundee Carers Centre at 01382 200422 and ask them to put you in touch with the Young Carers Support Team or other sources of help.