

Peace of Mind for Carers Plan

Planning for an emergency

What if you had an accident and could no longer provide care?

Many carers worry about who will look after the people they care for if something unexpectedly happens to them. This constant worry can cause stress and prevent carers from having a life of their own alongside their caring role.

Our **FREE** Peace of Mind for Carers service will take away the 'what if' and replace it with the reassurance and confidence that the person you care for will be supported if an emergency occurs.

How does Peace of Mind for Carers work?

We will work with you to put a plan together. The plan will be kept on a confidential database ready to be put into action at any time - 24 hours a day, 365 days a year

What goes in the plan?

The plan will include information about you and the person needing care. This include details about the support that is required such as information about particular illnesses, where medication is kept, details of their GP, aids & adaptations about the house a timetable that indicates what happens at certain times of the day.

The contact details of friends, family & neighbours will be included to call in the emergency and the plan is reviewed every 12 months.

What is an emergency?

An emergency is classed as:

- If you are rushed into hospital
- Any incident involving the Emergency Services (ambulance, fire, police, mountain rescue, coast guard)

What happens in an emergency?

If, for some unexpected reason, you can no longer care, then you can call the emergency number. The person answering the call will have immediate access to your plan and be able to put your plan into action. They will call the nominated emergency contacts and arrangements will be made for them to support the person you care for.

In some cases, replacement care may be available from a Domiciliary Care Provider, but the team who activate your plan will discuss the situation with whoever calls to activate the plan.

Where can you find out more?

If you think you are a carer and would like to access support please get in touch by telephoning Carers Link Lancashire on 0345 688 7113.

Points to Think About Before Your Appointment

Emergency contacts

If you wish, your plan can contain the names of people you know who could take over caring from you if an emergency occurred.

- Who will be your emergency contact/s – have they agreed to this?

Access

- Can the person you care for open the front door?
- If not, how will the emergency contact get in?

Information to be included in the plan

Your plan will need to contain full details of:

- The name, address and telephone number of the person you care for's GP.
- The names and telephone numbers of your chosen emergency contacts and if they are key holders.

Medical conditions

Some medical information will need to be recorded on the plan:

- What conditions / illnesses does the person you care for have?
- What is their *main* condition?
- What allergies does the person you care for have?
- Are there any other health risks an emergency carer might need to know about?

Medication information

You will need to keep an up to date list of medication somewhere in the property of the person you care for, if they are unable to take their own medication without support.

The replacement care agency can only administer medication if this is recorded on a document or list held at the cared for person's home address e.g. 'message in a bottle', diary or memo. As the carer, it is your responsibility to keep this document or list up-to-date.

The replacement care agency will not take responsibility for using documents or lists that are out of date.

Medication from dosset boxes cannot be administered; only packaged medication or sealed blister packs prepared by the pharmacist can be used by the replacement care agency.