

‘What if...’ emergency plan
Information to be stored in your
Message In A Bottle

Complete this sheet and pop it in the Message in a Bottle in your fridge

I am a carer

My full name: _____

The name of the person I care for: _____

- ☐ Lives with me
☐ Lives elsewhere

Our Emergency Contacts: *(write name & contact details here, tick box if a key holder)*

- ☐ 1. _____
☐ 2. _____
☐ 3. _____

☐ My **‘What if...emergency plan’** can be found:

It contains useful information about our needs and wishes

- ☐ I am known to Caring for Carers **Tel: 01752 201890**
☐ The person I care for is known to Social Care Services
Tel: 01752 668000

For the purpose of supporting my needs and those of the person I care for, I consent to information about me being shared with relevant others

Signed _____ **Date:** _____

For the purpose of supporting my needs and those of my carer, I consent to information about me being shared with relevant others

Signed _____ **Date:** _____

Relationship (if not completed by me) _____