

'What if...' emergency plan

Family and friends who support me

Use this sheet to write down details of all family members or friends who help you.

**Please always ask for their agreement and tick the 'consent' box, to show you have agreed what they may be asked to do and they are happy for their personal details to be included in your 'What if...Plan'*

Name _____

Relationship to me _____

Tel/Mobile(s): _____

Email _____

Lives locally? Yes / No

How they can help me:

☐ **Consent**

Name _____

Relationship to me _____

Tel/Mobile(s): _____

Email _____

Lives locally? Yes / No

How they can help me:

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