

Care & Support Emergency Plan

For older people, anyone with extra needs, and the family or carers who support them. One place for the details that matter if something goes wrong.

About me

13 pages · fillable or printable · UK edition · not
medical advice

Fill it in together. It's for the person being supported and the people who help them — family, friends, neighbours or paid carers.

- Pages 3–4: about the person — what helps, how they communicate, what to avoid.
- Pages 5–7: daily support, carers, medicines and equipment that needs power.
- Page 8: priority registers — energy, water and phone companies offer free extra help.
- Pages 9–10: what happens if the main carer is suddenly unavailable, or the person goes into hospital.
- Pages 11–13: winter readiness, a check-in rota and a fridge information sheet.
- Keep the paper copy where a visitor would find it, and tell carers it exists.

Notes

About me

NAME I LIKE TO BE CALLED	DATE OF BIRTH	NHS NUMBER IS KEPT
ADDRESS	LIVES ALONE?	
MAIN LANGUAGE	HEARING / SIGHT	MOBILITY

What helps me

Things that upset or worry me

How I communicate best

Notes