



# 'What if...' emergency plan

## Contents Checklist

Use this sheet to tick off the templates you have completed:

**My Emergency Contacts:** (write name & contact details here. Please tick box if the person is a keyholder)

- 1.Name:\_\_\_\_\_ Tel:\_\_\_\_\_
- 2.Name:\_\_\_\_\_ Tel:\_\_\_\_\_
- 3.Name:\_\_\_\_\_ Tel:\_\_\_\_\_
- Devon Carers Alert Card (Contingency Plan) already completed

**People who can offer support and details of what they can do** (tick all you have completed)

- Family and friends who support me
- Professionals who support me
- My pets
- Services I use regularly

**Information about the person I care for and my needs** (tick all you have completed)

- My planning pages
- Information about me
- Information about the person(s) I care for
- Useful contact information

**Documents** (tick all you have included with this plan)

- Medication
- Moving and Handling plan (M&H Plan)
- Needs of the person I care for and what I do
- Other important information about the person I care for
- Important information about me

Lasting Power of Attorney (LPA):

- Property & Finance
- Health & Welfare
- Mental Capacity Assessment (MCA)
- Treatment Escalation Plan (TEP)

[www.devoncarers.org.uk](http://www.devoncarers.org.uk) | 03456 434 435

Devon Carers can be reached on a single point of access telephone helpline for carers 03456 434 435. Calls to 0345 cost no more than calls to geographic numbers (01 or 02) and must be included in inclusive minutes and discount schemes in the same way by your service provider. Devon Carers is a project of Carers+, a consortium of Action East Devon, Colab Exeter and Westbank, the lead agency. Westbank Community Health and Care, Farm House Rise, Exminster, EX6 8AT Reg. Charity 1119541. Company No. 6243811.

