

## 'What if... ' Plan



What do others  
need to know?

## '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:

Consent

[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.



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