



# '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 keyholder)

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

My **'What if...emergency plan'** can be found:

***It contains useful information about our needs and wishes***

- I am known to Devon Carers **Tel: 03456 434 435**
- The person I care for is known to Social Care Services  
**Tel: 0345 1551 007**

**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 ) \_\_\_\_\_

[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.

