

Dementia Carer contingency planning Building resilience during Covid-19



This leaflet explains what needs to happen if you become unwell and can no longer support the person you care for.

For any services or agencies reading this, this includes vital care and medical information about the individual and their carer.

Developed by the Dementia Care Partnership Forum.

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Useful numbers

Fill in this section with local information. You can find this out online or asking your local authority or anyone who supports you.

Local authority main number :

Adult social care team :

Emergency Duty Team :

Out of hours doctor :

Care company (if you have home care) :

If you are feeling unwell, call 111

In an emergency, call 999

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Useful contacts



Call the dementia helpline for free **0808 808 2235** or send an email to **helpline@dementiauk.org**



Dementia advisers are available on the phone to give you the support you need on **[0333 150 3456](tel:03331503456)**.

Or, if you speak Welsh, you can call our Welsh-speaking support line **[03300 947 400](tel:03300947400)**.





I am a carer, my details are:



The person I support:



Emergency contact details if carer is unwell

Name :

Address :

D.O.B :

Contact No :

GP Name and address :

Community pharmacy address:

Allergies :

My medical needs are :

My medication list :

Name / prefers to be known as :

Address :

D.O. B :

Relationship to me :

Diagnosis / needs:

Medication list :

Current services involved : Yes / No
Details :

Communication needs :Yes / No
Details

Continance aids required : Yes / No
Details :

Mobility aids required : Yes / No
Details :

**Advanced care plan (ACP) completed :
Yes / No**

If Yes, Where is this held ?

Name :

Relationship to me :

Address:

Contact No :

Things you need to know about the person I'm caring for including what upsets them :

Things that make the person I'm caring for feel calm, happy and safe :

Date completed:

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