

Dementia Carer contingency plan

Building resilience during Covid-19



This plan 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 plan includes vital care and medical information about the individual and their carer.

Fold here

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

Fold here

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**.

Or, if you speak Welsh, you can call our Welsh-speaking support line **03300 947 400**.





I am a carer, my details are:



The person I support:



Emergency contact details if carer is unwell

Name :

Name / prefers to be known as :

Name :

Address :

Address :

Relationship to me :

D.O.B :

D.O. B :

Address:

Contact No :

Relationship to me :

Contact No :

GP Name and address :

Diagnosis / needs:

Fold here

Medication list :

Fold here

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

Community pharmacy address:

Current services involved : Yes / No
Details :

Communication needs :Yes / No
Details

Allergies :

Contenance aids required : Yes / No
Details :

My medical needs are :

Mobility aids required : Yes / No
Details :

My medication list :

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

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

If Yes, Where is this held ?

Date completed: