

# What to do

## If your Carer is unable to care for you



Cath Holloway CCS Agent

**Essential information for when a carer becomes unavailable at short notice.**



This can be printed out and put somewhere handy so you are prepared.

You could attach this sheet to GP notes for the carer and cared for, or position it on or near the fridge for paramedics. You can also add a medical care plan if you have one.

If you know that there is a time period that you won't be able to continue in your caring role, such as for a planned medical procedure, and have no-one who can support you, phone **0300 123 2224** to reach the duty team at Somerset Direct and ask for temporary emergency respite.

Name of Cared for: .....

Name and contact details of main carer .....

Keysafe code or key holder .....

Name and contact details of available family members .....

Diagnosis / condition requiring care .....

Medication and times of day/ dosage .....

Care usually provided by the carer eg wash dress in the morning .....

Notes for interim carer eg cared for's particular likes and dislikes, routines or needs/allergies, things to watch out for

Doctor's surgery/ ongoing treatment .....

Care usually provided by others (list of care agencies or care provided by carer and day care at a care home)

Carers preferences in an emergency eg preferred care home or provider .....

Correct as written on .....