

Your Emergency Plan

Fill it in. Keep it somewhere it'll be found. Tell someone it exists.

1. The person I care for

Name

Date of birth

Address

2. Medication & health

Medication — what they take, the doses, and when

Where it's kept

Health — ongoing conditions, treatment, allergies

3. Emergency contacts — in order

First	Name	Phone	Relationship
Second	Name	Phone	Relationship
Third	Name	Phone	Relationship

4. Support already in place

Care agency / carer	GP surgery
Social worker (if any)	

5. Who else has a copy of this plan

Names

Last reviewed

A note on this template

Nothing entered here is saved or sent anywhere — this file stays on your own device.
This is general information, not a substitute for advice from your local council or carers' centre. Always check local schemes directly, as details can change.

Sources

Carers UK — Creating a contingency plan & MyBackUp: carersuk.org
Lions Clubs — Message in a Bottle: lionsmessageinabottle.co.uk
GOV.UK — Caring for someone: gov.uk/browse/disabilities/carers
NHS — Support and benefits for carers: nhs.uk/social-care-and-support