

Other things you can do...

- Talk to family, your friends and your Care Manager
- Make a plan for looking after the person you care for when you cannot
- Use the "Message in a Bottle". A plastic bottle in your fridge holds your important details
- ICE - put ICE (In Case of Emergency) in your mobile phone contacts.



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This leaflet is available in other languages and formats

We are a registered charity (charity number: 1122972) and a company limited by guarantee (6266972), seeking to improve the lives of carers throughout Northumberland


NORTHUMBERLAND
COUNTY COUNCIL


LOTTERY FUNDED


northern rock
foundation



Do you look after someone?



Get a Carer's Emergency Card!

Want to know more?
Phone for an Emergency Pack now on

01670 320025

www.carersnorthumberland.org.uk

01670 320025

Why plan for an emergency?

- So that in the unlikely event of an accident, people know that someone relies on you for care
- So that the person you care for quickly gets the care they need
- To give you peace of mind
- To put you in control.

What does the service offer?

- Carers' Emergency Card
- Card recognised by all emergency services
- Back-up service run by British Red Cross
- 24 hour, 7 days a week phone number
- Short-term help
- Care and daily routine record
- The service is free.



Once you register you will be given a contact card – you will need to keep this in your wallet or purse so it can be easily found in case you are unable to tell a Doctor or a member of the emergency services that you are a carer.

We are unable to carry out tasks we are not trained to do.

To safeguard our safety and yours, we cannot:

- Administer medication or change dressings
- Carry out heavy work
- Witness legal documents.



Practical ways The British Redcross can help;

- Provide wheelchairs to aid mobility
- Help access transport for people who cannot get about easily
- Support people and their communities after an emergency, such as flooding or severe weather conditions, by delivering food, water or medication.



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