

***Do you provide care for someone?***

*You may be a parent, a partner, a son or daughter, a sister or brother or friend to someone who needs support as a result of their illness (physical or mental illness and substance misuse), condition or disability. If you provide them with help and support to manage their life – you are also a carer.*

## What to expect when...

# You make an emergency plan

**What is an emergency plan?**

It is a written document which lets people know what needs to be done to support the person you care for, if you are unable to carry out your caring role at short notice. For example if you are being admitted to hospital or you have a personal incident or accident.

**Why is an emergency plan important?**

Having an emergency plan can help to prevent an emergency becoming a crisis.

An emergency plan makes sure that all the information and knowledge you carry in your head about the person you care for is written down. This can be shared in an emergency, in order to help support that person.

Completing an emergency plan can give you peace of mind and help you feel reassured about what would happen in the event of an emergency.

## The Carers Act

From April 2018, the Act means all carers have the right to an adult carer support plan or young carer statement. This adult carer support plan must have information about whether the carer has arrangements in place for the care of the person they care for in an emergency. Writing these arrangements down is the emergency plan.



“ Although I knew I was a carer – when I completed an Emergency Plan and saw the role I play in looking after my wife detailed, it struck me that basically I do everything and how much she depends on me.



## Who should I involve in the emergency plan?

Completing an emergency plan can help you to have conversations with your friends and family members about your caring role and provide the opportunity to check if and how they can help in an emergency.

Where possible, it is important to discuss the emergency plan with the person you care for to find out their views and wishes.

## What can I include in an emergency plan?

Think about all the care and support that you provide - it can help to think about a typical day. If your caring situation changes a lot over time think about what a good day and a bad day look like.

Emergency plans need to include details about the care and support you provide to the person as well as emergency contacts, health needs and preferred routines. It's also important to think about who needs to have a copy of the plan.

## How do I find out more about making an emergency plan?

Different arrangements for emergency planning are in place across Scotland. A helpful starting point for more information is Enable Scotland's emergency planning toolkit which you can access on line.

[www.enable.org.uk/emergencyplanning](http://www.enable.org.uk/emergencyplanning)

## In addition in Shetland you can find out more by contacting any of the following:

- Shetland Islands Council Duty Social Work  
01595 744400  
dutysocialwork-adults@shetland.gov.uk
- Voluntary Action Shetland, your local Carers Centre  
01595 743923  
carers@shetland.org

or by speaking to the coordinator of the care plan for the person that you care for.

“

Apart from feeling more secure having the emergency plan, I was so relieved having a staff member on hand to help me complete it. My family are also happier knowing that they have a copy too. My heart felt thanks for being there for support and all their advice.

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## If you think an emergency plan could help you please contact:

**Voluntary Action Shetland  
Carer Support  
Market House  
14 Market Street  
Lerwick  
Shetland ZE1 0JP**

**T 01595 743923**

**E [carers@shetland.org](mailto:carers@shetland.org)**

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