



Emergency care plan

Record the essentials another trusted person would need if you were suddenly unable to provide care.

This is a shared, editable planning resource. Do not include information you do not need. Keep completed copies secure and check local contact details before relying on them.

The person I support

Name, preferred communication, important routines and anything that may cause distress.

What must happen first

List urgent care, medication, safety and access needs for the first few hours.

People who have agreed to help

Record names, numbers, what each person can do and any limits on their help.



Emergency care plan

Continue your notes. You can leave any section blank if it is not useful.

Medication, health and professional contacts

Include only the information needed for safe support and where the full records are kept.

Home, pets and practical arrangements

Keys, alarms, equipment, pets, transport and other essentials.

Where this plan is kept and when it was reviewed

Tell trusted contacts where to find it and update it when circumstances change.

Call 999 if someone is seriously ill, injured or in immediate danger. This worksheet does not replace clinical advice or your local emergency service arrangements.

Local service details

Add the approved phone number, web address and emergency or out-of-hours route for your area.
