

Backing You Up

Helping carers plan for emergencies

If you look after a relative or friend who is ill, frail or disabled you may worry about what would happen if you were unable to care for them.

If the person you care for is an older person, is physically disabled or has a learning disability, we can help you plan for emergencies with our new **Adult Care Services Carers' Emergency Scheme**. The scheme means that if you are suddenly taken ill, caught in traffic or even in an accident yourself there will be a plan in place to help the person you care for.

Even if you (and the person you care for) would only want friends and family to step in, we can help you agree an emergency plan.

And if you want outside help from homecare or other services in an emergency we can discuss that with you too.

Either way we can record the plan so that it is available **24 hours a day, 365 days a year**. We will give you a card with a unique number so if you can't tell us what needs to happen, we can still find all the details you have given us.

Hopefully having this card will give you peace of mind. That emergency may never happen, but if it does we can get hold of the people you want to help you, when you really need them.

I AM A CARER

Someone's safety depends on me.

In an emergency contact

Hertfordshire Adult Care Services

01438 737400 (24 hours)



For more details of the Adult Care Services Carers' Emergency Scheme contact us on 01438 737400

If you care for someone with **mental health problems**, you can contact **Hertfordshire Partnership Foundation Trust's out of hours helpline** for service-users and carers on **01438 843322**

If you care for a **child with a disability**, you can have a contingency plan logged with **Children Schools and Families**. For more details call **01438 737500**

For general information about support available to carers who live in Hertfordshire contact **Carers in Hertfordshire** on **01992 586969** or look online at **www.carersinherts.org.uk**

