

CARERS: MAKING AN EMERGENCY CARE PLAN WITH THE PERSON YOU CARE FOR

Chest
Heart &
Stroke
Scotland



If you provide essential care for someone living with a chest, heart or stroke condition and you develop symptoms of coronavirus, you must stop providing care immediately.

An Emergency Care Plan includes all of the key information needed to make sure the person you care for continues to get the support they need if you become unwell. Putting a plan together now will make it much easier if care needs to be taken over later.



If possible, make sure the person you care for is involved in the development of the plan.



FIRST STEPS

- Discuss with family and friends if there is anyone who could take over your caring role if needed.
- If you are not able to arrange informal care from a family member or friend, contact your local social work department to find out what you would need to do.
- If you need to get in touch with them, details of your local social work department can be found at www.socialworkscotland.org/contact.
- Make sure the person you care for has information on who they should call if they feel unwell, including NHS 24 (tel: 111).

PUTTING THE PLAN TOGETHER

Include a list of the following key information in the plan:

- the contact details of the person you care for
- the contact details of the person who will take over their care (if you have them)
- details of any medications the person you care for may be taking, including what each medication is for, when it is taken and where it is stored
- a list of any planned medical appointments
- the details of any support services they receive
- any mobility challenges or mobility aids they might have
- any vision, hearing or communication challenges they might have
- details of their GP and/or specialist healthcare team
- any other helpful information, such as their daily routine.



Keep a copy of the plan in the home of the person you care for, where people can see it.

If a friend or family member is able to take over care, give them a copy of the plan too and discuss any questions they might have.



If you are a carer, at Chest Heart & Stroke Scotland, we are here to support you as well as the person you care for. Our Kindness Callers are available to speak to if you are finding things difficult or feeling isolated right now. To be connected to a Kindness Caller or for free, confidential advice, call our Advice Line nurses on **0808 801 0899**, email adviceline@chss.org.uk or text NURSE to **66777**.



For more information and advice on coronavirus, visit www.chss.org.uk/coronavirus-info.