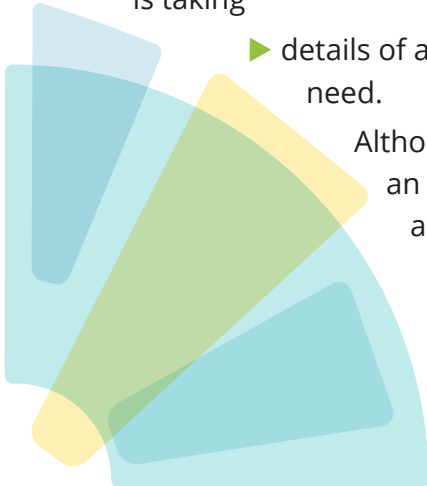


**You might** want to think about creating an emergency plan - for you and the person you care for. For some carers, this may simply involve contacting a family member, friend or neighbour who is willing to cover in an emergency. Having a plan in place can help ease your worries and provide reassurance.

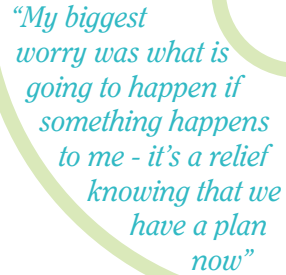
In order to create an emergency plan that fits your needs, you will need to consider:

- ▶ details of the name and address and any other contact details of the person you care for.
- ▶ who you and the person you care for would like to be contacted in an emergency – this might include friends, family or professionals.
- ▶ details of any medication the person you care for is taking
- ▶ details of any ongoing treatment they need.

A decorative graphic consisting of several overlapping, semi-transparent shapes in shades of light blue, green, and yellow, located in the bottom left corner of the page.

Although you may be able to arrange an emergency plan with friends and family it can be reassuring to have the involvement of your local health and social care team in case informal arrangements fall through.

One way to do this is through requesting a carer's assessment. As part of the carer's assessment you can discuss putting an emergency plan in place.



*"My biggest worry was what is going to happen if something happens to me - it's a relief knowing that we have a plan now"*

### **Social Work out of hours**

For advice or to report a concern out of office hours please call the Social Work Emergency Duty Team. Telephone: 01896 752111

### **Bordercare Alarm System**

Contact Social Work services or the Borders Carers Centre.

This system offers round-the-clock emergency contact for frail older people, people with disabilities and their carers.

### **Carers Emergency Card Scheme**

The Borders Carers Centre issues these cards, to give you some peace of mind if, for example, you are delayed whilst out or if are involved in an accident. This scheme provides a free credit card size emergency card for you and the people you care for. Details of emergency contacts are pre-registered with the Borders Carers Centre and the Bordercare Alarm Service.

Each card has a unique reference number which is activated by telephoning a central number. Once activated, the pre-arranged emergency plan is put into action.

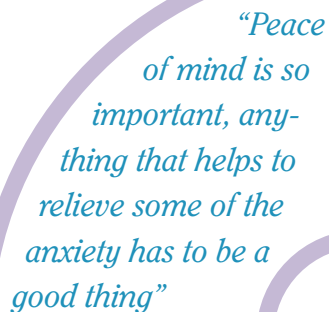
## Safety in the home

Make your home safer and have a fire action plan - Lothian and Borders Fire Rescue Service offer a free home safety check and fit free smoke detectors if required. To arrange a visit call 0800 169 0320 (freephone).

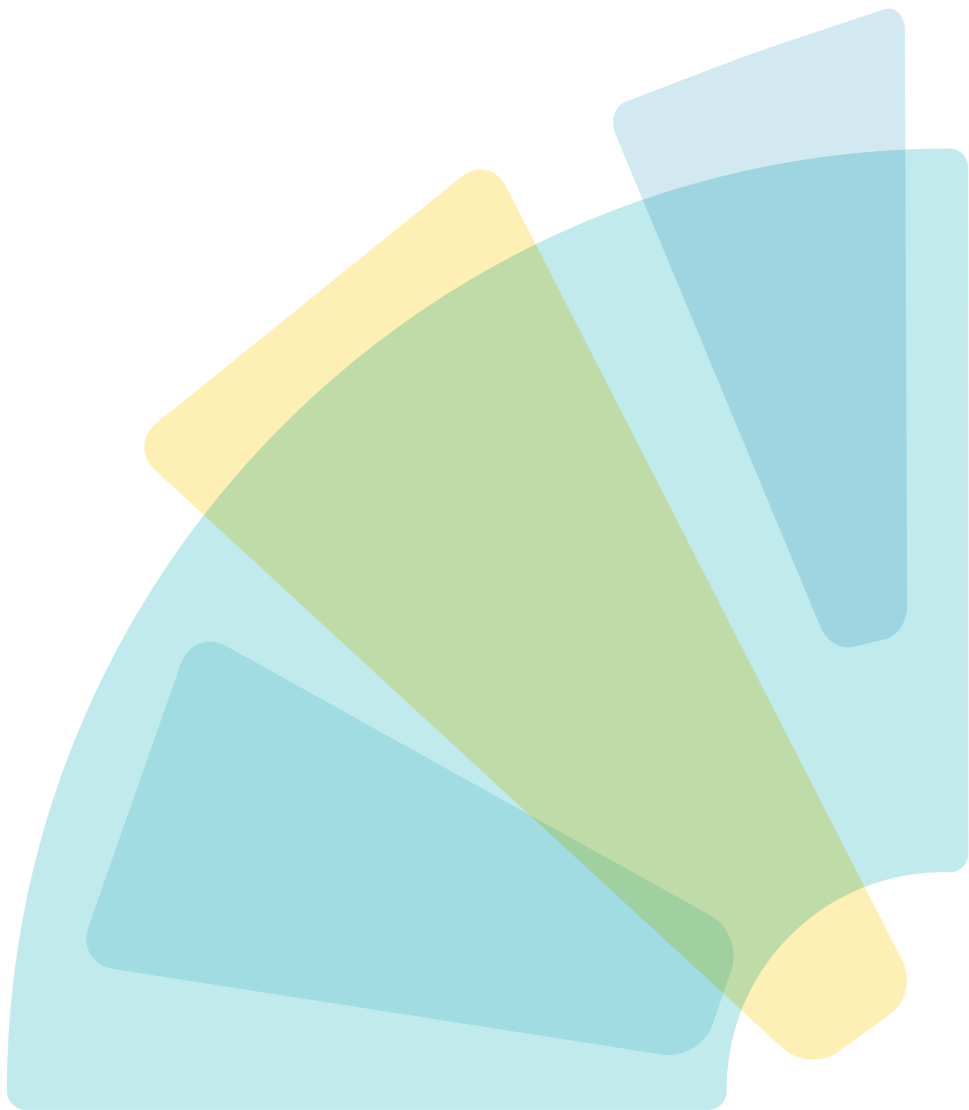
There are also devices and technology which may help - alarms, monitors and sensors for unlit gas, heat, smoke or floods, fall detectors and wander alarms. Ask the Borders Carers Centre or your Social Worker for more information.

## Message in a bottle

This is a plastic bottle you keep in the fridge with your emergency contact details, medication and other details which are useful to the emergency services. Contact the Borders Carers Centre for a free bottle.



*“Peace of mind is so important, anything that helps to relieve some of the anxiety has to be a good thing”*



# Borders Carers Centre (SCIO)

*Supporting carers throughout the Borders*

Brewerybrig Low Buckholmside, Galashiels TD1 1RT

phone: 01896 752431

[www.borderscarerscentre.co.uk](http://www.borderscarerscentre.co.uk)

email: [info@borderscarers.co.uk](mailto:info@borderscarers.co.uk)

Scottish Charity No. SC028087