

Dark Side of Medicine

MY LIFE SERIES - ML-11

MY EMERGENCY PLAN

This plan helps people know what to do and who to contact if something unexpected happens.

FIRST PERSON TO CONTACT

- Name and relationship to me:

- Telephone number:

SECOND PERSON TO CONTACT

- Name and relationship to me:

- Telephone number:

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WHAT I NEED IN AN EMERGENCY

These are the most important things people need to know about supporting me.

IMPORTANT THINGS TO KNOW

- Things about me that are important in an emergency:

- Things people should do straight away:

WHAT HELPS ME

- Things that help me feel safe or settled:

- Things people should avoid doing:

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IMPORTANT HEALTH & SAFETY INFORMATION

This is a quick guide. My fuller health information is kept elsewhere in my My Life folder.

HEALTH OR SAFETY INFORMATION

- Important health conditions, allergies or risks people need to know about:

- Anything that must not be missed:

WHERE TO FIND MORE INFORMATION

- Where my care plan, health action plan or hospital passport is kept:

- Where my medicines information is kept:

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IF MY USUAL SUPPORT IS NOT AVAILABLE

This page helps if the person who usually supports me is suddenly unable to be there.

WHO CAN STEP IN

- People or services who can support me instead:

- How to contact them:

WHAT THEY NEED TO KNOW

- The most important things about my usual support or routine:

- Things that should continue if possible:

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PRACTICAL THINGS PEOPLE MAY NEED TO KNOW

These are everyday arrangements that may matter if there is an emergency or an unexpected change.

IMPORTANT PRACTICAL ARRANGEMENTS

- Things at home, work, college or daytime activities that may need arranging:

- People, pets or responsibilities that may need to be considered:

IMPORTANT ITEMS OR INFORMATION

- Things I may need to have with me:

- Where important information or emergency items are kept:

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This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on the right side, suggesting it's resting on a surface.