CARERS

Be ready when you care for someone

Work down the list this month. Tick as you go.

999 **Can't reach them**
Say someone who relies on you may be at risk.

105 **Power cut**
Free, in Great Britain. NI: 03457 643 643.

- [ ] 01 **Emergency plan written**
  Care needs, medicines, contacts.
- [ ] 02 **Someone who can step in**
  A relative, friend or neighbour.
- [ ] 03 **Priority Services Register joined**
  Register once, for power and water.
- [ ] 04 **Equipment plan agreed**
  With the care or clinical team.
- [ ] 05 **Back-up batteries charged**
  Wheelchair, hoist, other kit.
- [ ] 06 **Landline checked for power cuts**
  Ask the provider about back-up.
- [ ] 07 **Telecare supplier told**
  Before the landline goes digital.
- [ ] 08 **A way into the home agreed**
  A key safe, or a trusted key holder.
- [ ] 09 **Carer's card from the council**
  If your area offers one.

Keep back-up batteries charged. Wheelchairs, hoists and other kit stop in a power cut.

WHO STEPS IN, AND THEIR NUMBER

GP SURGERY AND PHARMACY

CARE AGENCY OR CLINICAL TEAM

WHERE THE PLAN AND MEDICINES ARE