


Important Information About You


Use for other information which will help in an emergency.
For example, GP, dietary requirements, medication...

connecting users connecting carers

part of The Princess Royal Trust for Carers

• INFORMATION • ADVICE • SUPPORT
01463 723561
 carers@hccf.org.uk www.hccf.org.uk
 Highland House, 20 Longman Road, Inverness. IV1 1RY.



EMERGENCY ACTION CARD for Carers

WHAT TO DO • WHO TO CONTACT

How to use this card

ask two people whom you know well if they would be willing to act as your local contacts if something happened to you. make sure they have the relevant information and that they know what to do.

fill in this card and carry it with you

if you can, tell the person you care for about this card and who the contact people are

I am a CARER

Name _____
 Tel _____

... and I care for

Name _____

The person I care for relies on me.
In the event of illness or accident, please contact either of the people on the following page.

In an emergency please contact...

Name	_____	Name	_____
Address	_____	Address	_____
Tel	_____	Tel	_____
email	_____	email	_____

THESE PEOPLE WILL KNOW WHAT TO DO