



Australian Government



Emergency care plan

1800 422 737
www.carergateway.gov.au





Australian Government



Emergency care plan

An emergency care plan has all the information about the person you care for in one place, so you can get it quickly and easily.

An emergency care plan makes it easy for someone to take over from you in a hurry.

Instructions

1. Fill in your emergency care plan

- It should have all the information someone else would need to know to look after the person you care for
- If you need to add more information, you can write it on extra pages and keep them with your plan
- If you need help filling in your emergency care plan, call Carer Gateway on **1800 422 737**

2. Save your emergency care plan

If you have downloaded the plan and filled it in:

- Save the plan to your computer or phone
- Print out copies of the plan

If you have asked for a printed copy of the plan and filled it in:

- Use a photocopier to make copies of the plan
- Keep a copy of the plan somewhere safe and easy to see in your home
- Take a copy with you when you leave home or travel with the person you care for

3. Share your emergency care plan

- You can give people a printed copy or email it to them if you have saved it on your computer
- Give a copy to each of your emergency contacts
- Give a copy to your doctor, and anyone else who may need to know what to do

Remember to update this plan if your information changes. This emergency care plan and information for carers is available from Carer Gateway.

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Emergency contacts

My details

Name

Relationship to the person I care for

Address

Phone

Details of the person I care for

Name

Age

Address

Phone

Language spoken

Person's condition, illness or disability

My emergency contacts

Name

Phone

Name

Phone

Name

Phone

If something happens to me

I would like my emergency contacts to

My emergency financial arrangements are

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Care needs

Care routine

The person I care for needs:

Full time care

Regular visits

Meals only

The person I care for needs help with:

Getting meals

Going to the toilet

Showering/bathing

Taking medicine

Getting out of bed/moving around

Mental health/emotional issues

When do they need help (what is their usual routine)

Food and diet, likes and dislikes, food allergies

Behaviours, calming strategies

Home and community care services

Organisation/service provided

Phone

Organisation/service provided

Phone

Organisation/service provided

Phone

Other information

Please attach extra notes if more space is needed

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Medical information and contacts

Medicines

Medicine allergies

Medicines, dose/timing, special instructions

Health information

Medicare number

Ambulance fund/Registration number

Health insurance fund/Registration number

Medic-Alert number

Safety Net number

Concession card type

Doctor

Name

Address

Phone

Pharmacist

Name

Address

Phone

Health professional/hospital

Organisation/service provided

Address

Phone

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Medicine list

Medicine allergies

Medicine name	Dose/timing	Other important information

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Notes

Use this space to include any other important information

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Carer emergency card

A carer emergency card is a card you can carry in your wallet to let people know that you care for someone.

It's a good idea to carry an emergency card to make sure the person you care for will be looked after if something happens to you.

The person you care for should also carry a card in their wallet to let people know they are being cared for by you.

Instructions

1. Fill in the cards
2. Cut the cards out along the dotted lines
3. Fold the cards in half along the solid line
4. Put the carer card in your wallet
5. Give the other card to the person you care for, to put in their wallet or carry with them



I am a carer

My name: _____

I care for: _____

Relationship to me: _____



An Australian Government Initiative

Remember to update this card if your details change. Download a new card at www.carergateway.gov.au



In an emergency

Please contact the person below to make sure the person I care for is looked after

Name: _____

Relationship to me: _____

Phone number: _____



I have a carer

My name: _____

My carer: _____

Their phone number: _____



An Australian Government Initiative

Remember to update this card if your details change. Download a new card at www.carergateway.gov.au



I have a carer

My condition/s: _____

Care I require: _____

Other information:

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