

# ATTENTION!

## CARER'S EMERGENCY CARD

Someone relies on me to look after them.

**PLEASE READ** the information in this card in the event of my illness or accident.

### I am a CARER - here are my details

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

### I CARE FOR . . .

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

### In an EMERGENCY please contact:

*This person will know what to do:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Tel: \_\_\_\_\_

*If this person isn't available please see overleaf*

# If my emergency contact cannot be reached PLEASE CONTACT:

*This person will know what to do:*

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Tel: \_\_\_\_\_

## Information about the person I care for

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Also see my Emergency Factsheet which I keep \_\_\_\_\_

## Emergency telephone numbers

Fire, police, ambulance: **999**

NHS 24: **08454 242424**

Samaritans: **08457 90 90 90** or **0131 221 9999**

Social Work Emergency Service:

**0800 731 6969** or **01506 777401** (West Lothian)