

# 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

Police non-emergency: **101** NHS 24: **111**

Fire, police, ambulance (emergency): **999**

Samaritans: **116 123**

Social Work Emergency Service:

**0800 731 6969** (Edinburgh, East and Midlothian)

**01506 281028** or **281029** (West Lothian)

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## EMERGENCY CARD

**I HAVE A CARER AND  
NEED ASSISTANCE**

### Here are MY details

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

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

\_\_\_\_\_

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

Details about my illness/disability:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### My CARER'S DETAILS are

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

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

\_\_\_\_\_

\_\_\_\_\_

Mobile: \_\_\_\_\_

Home tel: \_\_\_\_\_

Work: \_\_\_\_\_

\_\_\_\_\_

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

### If you cannot contact my carer PLEASE CONTACT:

*This person will know what to do:*

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

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

\_\_\_\_\_

\_\_\_\_\_

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

\_\_\_\_\_

### Important information about me

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Social worker: \_\_\_\_\_

\_\_\_\_\_

GP: \_\_\_\_\_

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