

Emergencies

making a plan and sources of support

VOCAL - Voice of Carers Across Lothian ● August 2018

Planning for an emergency

For many carers life cannot simply be put on hold when emergencies happen as the person they are looking after relies on them for vital support. All carers should create an emergency plan - for you and the person you look after. Having a plan in place can help ease your worries and provide reassurance.

An emergency plan might include:

- The name, address and contact details of the person you look after.
- Who should be contacted in an emergency – this might include friends, family or professionals.
- Details of any medication the person you look after is taking.
- Details of any ongoing treatment they receive.

Although you may be able to arrange an emergency plan with friends and family it can be reassuring to have the involvement of your local council in case informal arrangements fall through. One way to do this is through requesting an **Adult Carer Support Plan (ACSP)** (or **Young Carer Support Plan**) which should include an emergency plan.

Safety in the home

Make your home safer and have a fire action plan - Scottish Fire and Rescue Service offer a free home safety check and fit free smoke detectors if required. To arrange a visit call **0800 0731 999** (freephone).

There are also devices and technology which may help - alarms, monitors and sensors for unlit gas, heat, smoke or floods, fall detectors and wander alarms. See the factsheet '*Organising the home for care*' for more details.

In an emergency

Social Work Emergency Service (out of hours):

0800 731 6969 or
01506 281028/9 (W Lothian)

Ambulance: If someone is feeling unwell contact their **GP** or alternatively call **NHS 24** on **111**.

In an emergency dial **999**.

If you would like to book an ambulance call **0300 123 1236**.

Police: call **999** for emergencies and **101** for non-emergencies.

Fire emergencies: leave the home immediately and then dial **999**.

Accident & Emergency Departments (A&Es):

Aged 13 & over

Royal Infirmary of Edinburgh
0131 536 1000

Under 13 years

Royal Hospital for Sick Children

0131 536 0000

All ages

A&E Department, St John's Hospital, Livingston
01506 523 000