



# 'What IF' Plan for Carers

## Have you ever thought....What if I'm suddenly not able to care for a loved one?

Creating a short 'What IF' plan could give you peace of mind and could be a life-saver for the person you care for! If you make a 'What IF' plan, share with relevant family, friends, neighbours and professionals.

### Keep it simple and up-to-date. Here is our suggestion on the things you could include:

<b>Your details</b>	Name and contacts, your relationship with the person you support.
<b>Your emergency contacts</b>	Names and numbers of key important people who can help the person you support at short notice if you are unable to be there.
<b>Key Professionals</b>	Name and contact for GP, pharmacy, social worker, carer agency, domiciliary carer, dentist, optician, chiropodist.
<b>Accessing the home</b>	Key holder details, alarm code, any pets to be aware of?

### This is key information about the person you provide care and support to.

<b>Personal details</b>	Name and contact details, DOB, religion/faith.
<b>Health</b>	Details of their condition, illness, disability, mental health, wellbeing.
<b>Key persons</b>	Name and contact details, next of kin, power of attorney, guardians?
<b>Health needs</b>	Include details of any medical treatment needs.
<b>Medication</b>	Where is it kept, dose, time, repeat prescriptions, pharmacy used, any allergies?
<b>Food &amp; Drink</b>	What are their dietary requirements, meal times, culture, likes and dislikes? Are there any allergies? Is support with feeding required?
<b>Mobility</b>	What help, if any do they need with getting around the house?
<b>Independence</b>	What things can or can't they do e.g. make themselves a cuppa?
<b>Personal care</b>	Do they need help with washing, dressing, going to the toilet?
<b>Communication</b>	Consider if sign language, hearing aids, glasses are used, the first language spoken, any behaviour to be aware of.
<b>Daily routine</b>	Provide as much detail as possible about their daily routine - morning, noon, night, care during the night. Does an external carer visit the home, how often, what time etc.
<b>Interests</b>	What do they like to do - entertainment, hobbies, likes, dislikes?
<b>Exercise</b>	Is daily exercise taken, what is it?
<b>Conversation</b>	What do they like to talk about?

**Forward Carers delivers Birmingham Carers Hub, a service to support family and friends who look after someone due to a disability, serious illness, frailty or addiction.**

[www.birminghamcarershub.org.uk](http://www.birminghamcarershub.org.uk)