

Appendix: Carers

Emergency Planning for Carers (CAPE)

in Hampshire

Are you a carer?

Are you providing regular support and care for a friend or relative in your own home or theirs?

Do you worry about what will happen to you or them in an emergency? Would you like:

- Someone to help you develop your emergency plan?
- Information about services and facilities available to support you?
- An opportunity to talk about your concerns?



Carers Action Planning for Emergencies

- CAPE staff will help you **prepare an emergency plan and register it for action** in the event of an unexpected incident. This is a free service.
- Support in an emergency may be available free of charge for up to 48 hours.
- No current/previous social services assessment is needed.

Telephone

01794 519495

CAPE is provided by Carers Together 9 Love Lane Romsey Hampshire SO51 8DE
Email: admin@carerstgether.org.uk Website: www.carerstgether.org.uk
Charity Number: 1051879



Emergency Planning for Carers in Hampshire

Are you supporting or caring for someone who needs your help because of their health condition, age or disability?

This may be:

- a physical disability
- a learning disability
- a mental health problem
- a sensory disability such as hearing or sight loss

You could be caring for:

- a son or daughter with a disability or serious illness
- an older person, who is frail or has a mental health problem such as Alzheimer's Disease
- a person of any age with a long term health condition
- a relative or friend with a serious or terminal illness

You may worry about what will happen if you are taken ill or have a sudden emergency.

Making a plan to help prepare for any eventuality could help you to manage better when an emergency happens - being prepared can also give you peace of mind now.

CAPE can help you prepare for the future and make informed choices for your plan.

Call us for free support to make your plan on:

Telephone: 01794 519495 or

Email: admin@carerstogether.org.uk