



'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:

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

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

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