

Emergency Plan

Fill it in once and keep it where anyone who needs it will find it straight away – on the fridge, in the bag, beside the phone. In a crisis nobody remembers; the paper remembers for you.

PATIENT DETAILS	
Full name	
Date of birth	
National health or insurance number	
Address	
Diagnosis	
Blood group	

ALLERGIES AND CONTRAINDICATIONS	
Drug allergies	
Other allergies	
Medicines they do NOT tolerate	

MEDICATION	
Medicine	Dose and instructions

EMERGENCY CONTACTS	
Carer 1 – full name	
Phone	
Relationship	
Carer 2 – full name	
Phone	
Relationship	

DOCTORS	
Neurologist	
Phone	
GP	
Phone	
Cardiologist	
Phone	
Other doctor	
Phone	

IMPORTANT NOTES (behaviour, difficulties, sensitivities, history)

EMERGENCY NUMBERS

European emergency number (EU and many other countries) 24 hours	112
Local emergency number, if not 112	
Ambulance, if it has its own number	
Poisons centre	
National dementia helpline	
Out-of-hours doctor or nurse line	
Carer support line	

BEFORE YOU CALL

Say **where you are** and **what is happening** first. Stay on the line until they tell you to hang up. If you can, keep this sheet in your hand – it has on it everything they will ask you.

IF THEY GO MISSING

Call the police straight away. **Do not wait 24 hours** – that rule does not exist. Say that your loved one lives with dementia and may not be able to ask for help or say where they live.

Give them a recent photograph and tell them what they were wearing. Many countries also run an urgent alert scheme for missing vulnerable adults – ask whether there is one where you live.