

What if?

Young carer emergency planning

As a young carer, emergencies can happen at any time. But by thinking about what you might do ahead of time, you can make it that little bit less stressful if something does happen.

About me

My name is

I am

years old

I live at



I care for



If I am unwell and need someone to help me I will...



If something happens to the person I care for and I am on my own I will...

If there is an emergency at home e.g. flood, fire, power cut etc I will...



Do you know how to turn the water/electricity off?
Do you know where you will find a torch with working batteries!?



Did you know that if you are caring for someone with a physical illness/disability or if there is someone under five at home, your family can be added to the priority services register. See ukpowernetworks.co.uk/power-cut/priority-services-register

If another person who helps care for the person I look after becomes ill, I will...

Who would you call first?
Things to think about (e.g. medication, allergies, etc.)
What things do they do to help?
Would you need help with these things if they can't do them?



If I am stuck at school/college or I can't get home I will...



I am struggling to attend school/college or keep up with work so I will...



I have pets, what will happen to them in an emergency?



Is there anything else I need to think about in an emergency?



