

Carers Information Sheet 6

Coping with Emergencies

When you are caring for someone, it is important for you to think about keeping both of you as safe as possible. We are all human and can make mistakes; it is quite NORMAL to panic in an emergency situation. It should help to plan in advance, & prevent accidents occurring - and to think about what you both will do if an emergency happens, & you won't be available, e.g. overnight. As part of your Carer's Assessment, you can discuss who would step in (including care workers) - even have it written into the care plan.

ACCIDENTS IN THE HOME

The majority of accidents happen in the home, so it is a good place to start to think about what hazards there might be in the home of the person you care for. Think about each room individually, e.g. in the bedroom you may have a slippery rug, in the kitchen you may have trailing appliance leads, etc.

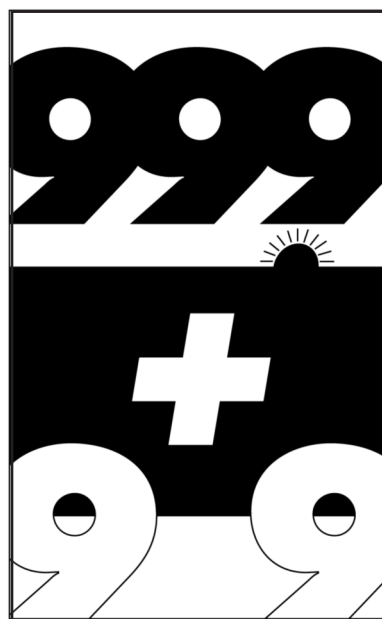
Think then about what you could do to minimise any risks, for example: fit a smoke detector; fit a carbon monoxide detector; put special locks on doors; fire guards; turn down thermostats; have your electrics checked, etc.

The Fire Service will fit smoke detectors free:

Tel: **020 8555 1200**

MOVING AND HANDLING

If the person you care for is unable to move around very easily by themselves, you may have to help them. This can be risky for both you and the person you care for. It is a very good idea to get a professional to show you how to move someone without



causing damage to either yourself or the person you care for. A District Nurse can give you individual training in your own home with the person you care for. Or, the Council can give you an Occupational Therapy Assessment (**Tel: 020 8314 7777**) and advice. They can also arrange useful disability equipment (e.g. grab rails, fall alarms, etc.), & help you with necessary adaptations.

FALLS IN THE HOME

If your cared for person falls, be careful of picking them up on your own. If you get injured too, both of you may then be unable to get help. **Ring 999** and ask for an ambulance. Don't be embarrassed for asking - it's all part of their service.

USEFUL NUMBERS:

LINKLINE: Provides an emergency alarm that people can wear so they can contact someone if there is an emergency. Tel: **020 8690 0440**

The Council: Have an 'out of hours' duty social work service you can call in an emergency.
Tel: **020 8314 6000**

NHS DIRECT: 24 hour help-line: health advice and information (including on emergency dentists and pharmacists).
Tel: **0845 4647**

Walk-in Health Centre

Waldron Health Centre, Amersham Vale, SE14 6LD
Treats minor injuries (instead of Hospital A & E).
Open 8am - 8pm every day including Bank Holidays, Christmas day, etc.
Tel: **020 3049 2370**

CARERS EMERGENCY CARD

Have you ever been worried about leaving the person you care for alone, in case something happened to you whilst you were out? The **Emergency Alert Card** may be able to put your mind at rest. You can register with Linkline - a 24 hour alarm response centre - for a card to keep on you, stating that you are a carer and that you care for someone who needs attention. **THE CARD AND EMERGENCY CARE IS FREE** to all residents in Lewisham.

In the event of an accident or emergency, the finder will know you have caring responsibilities; they will be able to contact the people you nominate on your card, who you wish to deal with such a situation. If you are concerned about the card falling in to the wrong hands, **it will only contain the phone numbers** of the people you want to step in.

Please complete the booklet enclosed in the pack called: **'Peace of mind for carers in Lewisham'**



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