

Emergency

Support Plan.

An **emergency support plan** has all the information about the person you support in one place, so you can get it quickly and easily.

An emergency support plan also makes it easy for someone to take over from you in a hurry.

Here's what to do.

1. Fill in your Emergency Support Plan

- You can print and complete the plan by hand. Or, download and type straight into the pdf. Save it to your computer before printing.
- If you need to add more information, you can write it on extra pages and keep them with your plan
- If you need help filling in your Emergency Support Plan, speak with one of the Leap in! Crew on 1300 05 78 78.

2. Save your Emergency Support Plan

If you have downloaded the plan and filled it in:

- Save the plan to your computer or phone and to the My Profile section of the Leap in! app
- Print out copies of the plan.

If you have completed the plan by hand:

- Take several copies of it on your home copier or using a local service.
- Keep a copy of the plan somewhere safe and easy to see in your home.

3. Share your Emergency Support Plan

- You can give people a printed copy or email it to them if you have saved it on your computer
- Give a copy to each of your emergency contacts
- Give a copy to your doctor and anyone else who may need to know what to do
- Take a copy with you when you leave home or travel with the person you support.

Remember to update this plan if your information changes.

This Emergency Support Plan and information for people who support someone with a disability are available from www.leapin.com.au



1300 05 78 78



Emergency contacts.

My details.

Name

Relationship to the person I support

Address

Phone

Details of the person I support.

Name

Age

Address

Phone

Languages spoken

Person's condition, illness or disability

My emergency contacts.

Name

Phone

Name

Phone

Name

Phone

If something happens to me.

I would like my emergency contacts to

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Support needs.

Support routine.

The person I support needs

- Full time support
- Regular visits
- Meals only

The person I support needs help with

- Getting meals
- Going to the toilet
- Showering/bathing
- Taking medicine
- Getting out of bed/moving around
- Mental health/emotional issues

When do they need help? (what is their routine?)

Food and diet – likes and dislikes, food allergies

Behaviours, calming strategies

Home and community support services.

Organisation and service provided

Phone

Organisation and service provided

Phone

Organisation and service provided

Phone

Other information.

Please attach extra notes if more space is needed

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Medical information and contacts.

Health information.

Medicare number

Ambulance fund

Health insurance fund

Medic-Alert number

Safety Net number

Concession card type

Doctor.

Name

Address

Phone

Pharmacist.

Name

Address

Phone

Health professional/hospital.

Organisation

Address

Phone

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Medicine list.

Medicines.

Medicine allergies

Regular medicines

Medicine name	Dose/timing	Other important information

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Notes.

Use this space to include any other important information

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Supporter Emergency Card.



A supporter emergency card is a card you can carry in your wallet to let people know that you support someone.


It's a good idea to carry an emergency card to make sure the person you support will be looked after if something happens to you.

The person you support should also carry a card in their wallet to let people know they are being supported by you.

Instructions.

1. Fill in the cards
2. Cut the cards out along the dotted lines
3. Fold the cards in half along the solid line
4. Put the supporter card in your wallet
5. Give the other card to the person you support, to put in their wallet or to carry with them.

 I support a person with a disability	 In an emergency
<p>My name _____</p> <p>I support _____</p> <p>Relationship to me _____</p> <p>Remember to update this card if your details change. Download a new card at www.leapin.com.au</p>	<p>Please contact the person below to make sure the person I support is looked after</p> <p>Name _____</p> <p>Relationship to me _____</p> <p>Phone number _____</p>

 I have a support person	
<p>My name _____</p> <p>My support person _____</p> <p>Their phone number _____</p> <p>Remember to update this card if your details change. Download a new card at www.leapin.com.au</p>	<p>My condition/s _____</p> <p>Support I require _____</p> <p>Other information</p> <div data-bbox="850 1899 1428 1995" style="border: 1px solid black; height: 43px; width: 100%;"></div>