

Young Carers Emergency Plan

Do you know a young carer? Would they know what to do in an emergency?

Emergency Plans can help young carers and their families manage crisis situations by

- being prepared
- knowing what to do
- who to turn to if necessary

If you are working with a Young Carer and their family, make sure

- they have an Emergency Plan
- it's up to date
- it's shared with those who need to know and everyone knows what's expected of them

For further details and a template Young Carers Emergency Plan, go to www.youngcarersmatternorfolk.org/emergency-plan

Or call the Carers Matter Norfolk Advice Line 0800 083 1148