

Emergency Planning

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CarersBucks



The Plan

- What We **Will** Be Doing:
 - Providing useful information
 - Helping you to be better prepared
 - Making you think about current plans you may have in place

- What We **Won't** Be Doing:
 - Giving medical advice!
 - Giving medical advice!
 - Giving medical advice!

SEPSIS IN ADULTS IS A SERIOUS CONDITION

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects 250,000 people every year in the UK.

WWW.SEPSISTRUST.ORG

Seek medical help urgently if you develop any or one of the following:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

JUST ASK

"COULD IT BE SEPSIS?"



Hydration

1	Hydrated	If urine colour matches 1, 2 or 3 then you or the cared for person are hydrated, carry on drinking fluids as usual.
2		
3		
4	Dehydrated	If urine colour matches 4, 5 or 6 then you or the cared for person needs to drink more. Drink a glass of water now and increase the amount of fluids.
5		
6		
7	Severely Dehydrated	If urine colour matches 7 or 8, you or the cared for person needs to be re-hydrated urgently. Drink plenty of water at hourly intervals and if there is no improvement call the GP.
8		

STROKE

There's treatment if you act **FAST**

F
ace

Face Look Uneven

Ask the person to smile.
Does one side of the face drop?



A
rm

One Arm Hanging Down

Ask the person to raise both arms.
Does one side drift downward?



S
peech

Slurred Speech

Ask the person to repeat
a simple phrase.
Is the speech slurred
or strange?



T
ime

If you observe any of the signs,
**Call Emergency Assistant
Immediately!**



Time is critical when a stroke occurs. Getting help fast could reduce disability and death from stroke.



Grazed knee.
Sore throat.
Cough.
Stock your
medicine cabinet.

Self-care



Unwell?
Unsure?
GP surgery closed?
Need help?

NHS 111



Diarrhoea.
Runny nose.
Painful cough.
Headache.

Pharmacy



Vomiting.
Ear pain.
Stomach ache.
Back ache.

GP surgery



Choking.
Chest pain.
Blacking out.
Blood loss.

A&E or 999
Emergencies only

Minor Injuries Unit – High Wycombe

Open 24 hours a day, 7 days a week

- Cuts and bruises
- Sprains and strains
- Scalds and minor burns (not involving head or neck)
- Infected wounds
- Suspected fractures
- Minor head injuries (no loss of consciousness) – ADULTS ONLY
- Objects lodged in eye/ear/mouth/nose
- Deep splinters
- Discomfort with your eyes
- **Children with a head injury or children who are seriously ill or injured should go to A&E rather than the Minor Injuries Unit.**

Lasting Power of Attorney

- Do you have Lasting Power of Attorney in place?
- How can you get LPoA?
- Health and Finance.
- <https://www.gov.uk/power-of-attorney>

Concerned About Your Memory?

- If you are concerned about your memory, you can contact the Memory Support Service on 01296 331749 or email memorysupport@alzheimers.org.uk
- You can get tailored information and advice from staff
- Keep your independence and improve wellbeing

Do you have an
Emergency Plan?

CarersBucks



999

Emergency
Police, Fire, Ambulance

NHS **111**

When it's less than 999!

101 -

Non-urgent call to Police
If you have a Text phone -

18001 101

112 is the common emergency number that can be dialled free of charge from any fixed or mobile telephone

0345 988 1188

Floodline

Call 105 if you
have a power cut

Can you smell gas?
National Gas Emergency
0800 111 999

Bucks County Council Safeguarding Adults 0800 137 915

To report alleged abuse or concerns, can be anonymously,
or if you feel a report is not being taken seriously.

9.00-5:30 Monday to Thursday and 9-5 on Friday.

Bucks County Council Out Of Hours

5pm-9am Monday to Thursday
from 4:30pm Friday

24 hours a day weekends and bank holidays

0800 999 7677

Things to think about...

- ICE in your mobile
- Message in a bottle
- Telecare
- Home Safety Check from Fire Service
- Emergency Card
- Emergency Plan

Thank You

- Tonight's presentation will be available on our website – www.carersbucks.org
- Remember.... Be prepared!