



## Why have an Emergency Plan?

It is good to always have an emergency plan for your family/whānau. There are many situations which can disrupt normal daily living such as earthquakes, volcanic eruption, tsunami, fire and infectious diseases as well as unexpected health events and accidents. Being prepared is a good rule.

Having a plan is especially important when one person relies on another for their everyday support. If the usual support is suddenly not available, for example the support person becomes unwell and is admitted to hospital, then someone else will need to take over providing the support. That is so much easier if they have information that tells them what to do, and how to do it, the things that need to happen every day to keep things as normal as possible. Only with this knowledge can the health and well being of the person being supported be maintained.

For people who may not be able to clearly express their needs, such as someone with dementia, this is especially important.

This plan contains the information required to ensure that if the usual support person is not available another person can provide the support, even if the person cannot express their needs. Some of this information may be held in other places, e.g. in a life tube but we would encourage you to use this plan as well because it provides much more than medical information.

It is your plan and you should decide where it is kept and who has it. The most important thing is that in an emergency it is available to be used. It is also important that you review the plan every so often to make sure that information remains up to date.