

# **Moray Carer Aware Card**

**I am a carer.**

**Someone depends  
on me.**

If I am taken ill or unable to  
get to the person I care for,  
**please contact the people  
listed on this card.**

My name is .....

The person I care for is .....

Tel: ..... the person I care for is under 18

In an emergency contact the following people who know what to do:

Name .....

..... Tel: .....

Name .....

..... Tel: .....

## Using The Card:

- Identify up to two people willing to be contacted in an emergency
- Make them aware of what to do in an emergency
- Fill in the card and carry the card with you
- For a free Moray Carer Aware Card or help to make an emergency plan, call Quarriers Carer Support Service  
Tel. **01343 556031**

**Carer Service Provider Network (Moray)**

