

**I AM A CARER AND ESSENTIAL
COMPANION**

I AM ACARER AND NEED TO BE INCLUDED IN:

.....

IN THE EVENT OF ILLNESS PLEASE CONTACT:

CONTACT 1

.....

CONTACT 2

.....

TIPS

This emergency CARER/ESSENTIAL COMPANION card can be printed but ideally keep this on your 'phone as well

To fill this out online use the sign and fill tab

If a young carer you can say ' I am a young carer'

This is not a validated carer card but can be used with a DLA/PIP or other evidence

If you are not a formal card but if still a carer this might be useful for you to keep as well

Please take care of personal data

