

A graphic with the words "Care Tool" in a large, blue, cursive font inside a white circle with a dotted border. Below it, the words "Medications Care Plan" are written in a white, sans-serif font inside a blue rounded rectangle with a dotted border. The background consists of several overlapping circles in shades of blue, green, yellow, and red.

Carers NZ's Medications Care Plan is designed for family carers who provide regular or 24 hour support for an elderly, ill, or disabled family member or friend.

If you become ill or die suddenly, having an up to date Medications Plan will ensure uninterrupted care for the person you support. Give copies of this Plan to at least one other member of your family or to a close friend, and/or to your GP, home support worker, or others who should know what to do if you are suddenly unable to continue caring.

When you and the person you support travel away from home, take a copy of your Medications Care Plan with you, along with a completed Emergency Care Plan. Also, keep a copy of your Emergency Carer ID Card in your wallet or handbag, or attach it to your key ring. If something happens to you, the Card will alert others that the person you support needs help too.

These Tools are designed to give carers peace of mind. If you cannot continue caring for whatever reason, others can quickly step in to help the person you support.

Our Care Planning Tools include:

- Emergency Care Plan
- Medications Plan
- Emergency Carer ID Card
- Important Papers Checklist

Update these Tools whenever medications change or are discontinued, or care needs change significantly (distribute updated copies to those who will need the information if something happens to you).

You might also want to display a copy of the Medications Plan on your fridge, or keep one with the medications of the person you support. Ask your chemist and doctor to check the Plan from time to time; update and replace it whenever medications change.

If the person you support is seeing a medical professional for the first time, take the Plan with you; it will save time.

You might want to list non-prescription medications, such as herbal remedies, so others have a full understanding of what is being taken.

Out of date medications should be disposed of safely and replaced if necessary.

For useful information about managing medications at home visit www.medsafe.govt.nz

If you have a medications emergency, always phone 111.

If you have a general concern, talk to your chemist.

REMEMBER If medications change, update/replace this Plan!

Download free tools and plans at www.carersair.net.nz

