carers NEW ZEALAND

Care Tool

Medications Care Plan

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Out of date medications should be disposed of safely and replaced if necessary.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

Medications Care Plan

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This Plan has been prepared for:

Name: ..... Address: .....

Phone: ..... Community services card no: .....

This Plan has been prepared by: Name: .....

Important Contacts:

Family Carer/Supporter: Name: ..... Phone: .....

Doctor/GP: Name: ..... Phone: .....

Chemist: Name: ..... Phone: .....

Community nurse/ support worker: Name: ..... Phone: .....

Other key supporter: Name: ..... Phone: .....

DATE PRESCRIBED	NAME OF MEDICATION	DOSAGE (ML, MG ETC)	FREQUENCY & TIME TAKEN	SPECIAL INSTRUCTIONS

Complete our other Care Planning Tools and keep them with this Medications Plan to ensure uninterrupted care for the person you support if something happens to you.

REMEMBER If medications change, update/replace this Plan!

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