

Contacts List

Having all your contacts in one place makes it easy to find contact details and to know what their role is.

Name	Role and organisation	Contact Number	Next appointment	Where	Can I contact after hours? If so, how?	Other information

Emergency contacts

Call '000' if you are very concerned and it is an emergency.

On the emergency contact list below, make sure you have:

- at least one friend, neighbour or family member that you could call in an emergency *(having 2 or 3 would be better)
- the phone number of the person's doctor or palliative care team
- at least one contact number for an after hours help line or service such as: the phone number for the after hours contact for the person's doctor/GP or an after hours number for the nursing service you are using

Name, role and organisation	Contact Number	Can I contact after hours? If so, how?





