

## Using this card

- DO** carry this in your purse or wallet
- DO** show it to staff or officials so that they can help you
- DO** complete the emergency contact details
- DO** call the 24 hour Freephone Dementia Helpline on **0808 808 3000** if you need help



**Alzheimer  
Scotland**  
Action on Dementia

# Carer's Card

If I am taken unwell or unable to care in an emergency please contact:

.....

.....

or

.....

.....

- My name is

.....

- I am a carer for my

.....

who has dementia.

- The person I care for is called

.....

**Please be patient and give us more time**