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

- 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