

# Contingency plan prompts for young carers: Respond

## Contingency question?

- 1** Does the child or young person have a plan they can follow in an emergency?
- 2** Does the plan have the details on what needs to happen and who will respond?  
E.g. if parent is ill or cannot care who will be contacted and what their response for the child/young person needs to be.
- 3** Who needs to have a copy of the plan beyond the parent and young carer?
- 4** Does the young carer have the correct contact details they need (phone numbers, emails, website) and are these on the plan?  
Has the young carer got access to a phone/internet?
- 5** Does the plan still reflect what is needed as a contingency?  
What is the worst that can happen and does the plan address this?

## Contingency Plan Check

- Is this written down and understood by the child/young person and their family members and nominated trusted person(s)?
- Has the parent/adult discussed this with the young carer and are both clear how the plan will be followed?  
Agree review date to check the responses needed can still be provided.
- Does the trusted person and any other potential responder have a copy of the plan and are they clear what their role is if they are contacted?
- Ensure contact details are accurate and update them if more people or services need to be added or amended.
- Check the plan is still relevant and will work for the young carer's current circumstances. Use agreed review date to check plan allowing for young carer's circumstances e.g. review sooner if circumstances are changing more frequently.