

Next of Kin and Emergency Details Card

Put one person's emergency contacts and practical details on a single page, in the order somebody should actually work through them.

Who to call, who decides, and what somebody arriving cold needs to know — on one page, for one person.

CONTACTS, NOT MEDICAL INSTRUCTIONS

No medical guidance of any kind is printed here, and none should be inferred. This is a contact card. What it records about health is what you choose to write on it, and anybody acting on it should be speaking to your doctor or the emergency services, not reading a printable.

HOW TO USE THIS SHEET

- 1 Fill in one card per person, not one per household.
- 2 Say plainly who has authority to make decisions, and whether that is recorded anywhere formally.
- 3 Keep it where somebody would look — with a carer, on a fridge, in a wallet — and think about who else can read it.
- 4 Date it and check it whenever a number changes.

THE PERSON

Full name	Known as	Date of birth
Address	Phone	

NEXT OF KIN AND CONTACTS in the order they should be tried

Order	Name	Relationship	Phone	Second phone	Email	Has a key

WHO TO TELL, AND WHO DECIDES

Person with authority to make decisions		Recorded formally? Where
Doctor or practice	Phone	Preferred hospital, if any

THINGS SOMEBODY ARRIVING WOULD NEED TO KNOW

Access, pets, medication kept where, anything else

Completed by	Date	Review on
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