

What If? Plan

A What If? Plan is a free service that provides support to people who look after another adult when they are unable to care because of a crisis.

The service operates 24 hours a day, 7 days a week, 365 days a year.

A What If? Plan ensures there is support available in the event of you being unable to care because of a sudden illness, accident or other unplanned event. This could range from contacting people on your behalf, to providing essential back-up support to adults with care needs from our professional care staff.

This service is funded by Cambridgeshire County Council and Peterborough City Council.



Register today at caringtogether.org/whatifplan

0345 241 0954 • hello@caringtogether.org



More than three in five of us will become a unpaid carer at some point in our lifetime

We offer a range of support for unpaid carers and the people they look after including:

- Expert advice available to you online, or from our helpline, free magazine and email newsletter.
- Care in your home and community for adults and children.
- Dedicated staff to identify and arrange support for you.
- Emotional support including counselling.
- Specific support for young carers and young adult carers.
- Local carers hubs and support from other carers.
- Learning and skills for caring.
- Breaks from looking after someone.
- Help to plan for the unexpected.



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