



FAMILY CRISIS CARE CHECKLIST (ENGLAND)

 **Name of Person:**

 **Location (Home / Hospital / Care Home):**

 **Date:**

1 Immediate Safety (First 24 Hours)

- Is the person safe right now?
- If urgent medical need → Call 999
- Contact GP / 111 if condition worsening
- If in hospital: state clearly *“Discharge would be unsafe without care in place.”*

Notes:

2 Request NHS Continuing Healthcare (CHC) Checklist

Contact:

- Ward nurse
- GP
- District nurse
- Hospital discharge team
- Local Integrated Care Board (ICB)

Say:

“I am formally requesting a CHC Checklist due to the complexity and deterioration of needs.”

Funded by the NHS — **not means-tested**

- Checklist requested
 - Date requested: _____
 - Outcome received
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3 Consider NHS Fast Track (If Rapidly Deteriorating)

Ask clinician:

“Should this be considered for NHS Fast Track funding?”

Appropriate if:

- Rapid decline
 - Possible end-of-life phase
 - Increasing frailty and unpredictability

 - Fast Track requested
 - Clinician completing form
 - Decision received
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Start a Care Evidence Log (Today)

Record daily:

- Falls
- Night waking
- Confusion / wandering
- Incontinence
- Medication changes
- Aggression / distress
- Choking / swallowing issues
- Carer exhaustion

Focus on:

- Risk
 - Unpredictability
 - Skilled intervention required
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5 **Apply for Attendance Allowance (If Over State Pension Age)**

Non-means-tested benefit via the Department for Work and Pensions.

- Form requested (date: _____)
- Form completed
- Medical evidence attached
- Posted (date: _____)

Describe the **worst days**, not the best.

Contact Local Authority Adult Social Care

Request:

- Needs Assessment
- Carer's Assessment

- Assessment date arranged
- Financial assessment explained

(Backup plan if NHS funding delayed or refused.)

7 Attend All Assessments

Before meeting:

- Review care log
- List safety concerns
- Clarify night-time needs

During meeting:

- Challenge minimising language
 - Emphasise risks
 - Request copies of paperwork
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8 If Funding Refused

- Request written reasons
- Request Local Resolution Meeting
- Consider appeal

Do not accept verbal refusals only.

🚨 Priority Order in Crisis

1. Safety first
 2. Request CHC Checklist
 3. Ask about Fast Track if deteriorating
 4. Apply for Attendance Allowance
 5. Request council assessment
 6. Document everything
 7. Challenge unsafe discharge
 8. Appeal if needed
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❤️ Reminder for Families

You are not asking for a favour.

You are requesting assessment for legal entitlements based on need.

If you feel overwhelmed:

- Ask for a hospital discharge coordinator

- Ask for a named social worker
- Seek independent advocacy support

This checklist was created with the help of ChatGTP in March 2026. Guidelines and requirements may change over time but many of the principles can still be helpful.