

Castlebar Social Services CLG



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Message in a Bottle Medical Alert Programme

What is the Message in a Bottle?

This Bottle contains a medical alert form that includes all the important information that services would need to help you in case of emergency.

How can the Message in a Bottle help?

The Bottle can help by making sure that emergency services have access to important information such as your medical conditions, any allergies you might have, who they should get in touch with and if you are a carer for someone or have a pet. This means that emergency services can, for example, take action more quickly, understand what medication you can/cannot be given and get in touch with your next of kin.

What do I have to do?

All you have to do is fill in the form and put it in the bottle. Then put the bottle in the fridge and put the green stickers on the inside of front and back entrance door(s) and on the fridge door. There is space on the form for a passport sized photo. **But** if you don't have a suitable photo at the moment please fill in the form anyway. You can always add one in later.

How much does it cost?

The Message in a Bottle scheme is sponsored and organised by the Lions Clubs and is **FREE** to the user.

I don't see a space to write down what medication I am taking. Why is this?

There is no space to write down what medication you take but there is one to write down **where you keep your medication**. This means that you don't need to update the form every time your prescription changes. If you keep your medication in this place, then the emergency services will be able to check this themselves.

Where do I keep my Message in a Bottle?

Your Message in a Bottle should always be kept in the fridge.

How will emergency services know I have a Message in a Bottle?

Emergency services will know you have a Message in a Bottle from the green stickers that are on your entrance door(s) and on the fridge door.

Where can I get Message in a Bottle? Contact: Deirdre Waldron, Castlebar Social Services, Castle Street Car Park, Castlebar, Co. Mayo. Tel: 094 9021378/email castlebarvss@gmail.com