

When something happens and you don't know what to do

A fall. Sudden confusion. A medication mix-up. At 3am, with no one to ask – CarerCompass walks you through what to check and who to call, step by step.

Sudden confusion

Not themselves, agitated, saying strange things.

A fall

With or without obvious injury.

Medication concern

Wrong dose, missed doses, possible overdose.

You can't cope

You're the one who needs help right now.

IF LIFE IS IN DANGER, CALL NOW

000 (AU) · 999 (UK/IE) · 911 (US/CA) · 111 (NZ)



Scan for the step-by-step crisis guide.

carercompass.org/crisis

No app needed. Free. Point your camera at the code.