Lanna Care Net

We are a group of people who help ageing foreigners live safe and healthy lives in Chiang Mai and surrounding areas. We do this by providing advice and practical assistance, without charge.

We provide emergency assistance where necessary and long term support when needed. We provide training for our helpers and those helping the elderly, infirm or sick.

We cannot provide financial assistance but will help people obtain such assistance if they are eligible.

Please contact us if you know of someone in need or would like to help us.

Carry this card with you at all times, it could save your life! To use it, print out this form, fill it in and cut round the outline. Then fold in half along the long side. Then fold in half and then in quarters so that "In Case of Emergency" is on the outside. Then keep in your wallet, handbag or purse.

In Case of Emergency

L	A	N	N	A
C	A	R	E	
N	E	T		

Helping Ageing Foreigners Live Safe And Healthy Lives In Northern Thailand

24 hour emergency Line 08970 04486
Information Line 08570 98801 (Office Hours)
e-mail lannacarenet@gmail.com
Website: http://lcn.orgfree.com/lcn/index.html

Personal Information

Name:
Nationality: Date Of Birth:
Address:

Contact 1 Name:
Relationship:
Day Tel: Night Tel:
Address:

Contact 2 Name:
Relationship:
Day Tel: Night Tel:
Address:

Allergies:

Medical Problems & Disabilities:

Medication:

Other notes:

Medical Insurer's Details:

Name:
Policy Reference:
Town: Country:
Tel: Fax:
e-mail: