

One container, in one fixed place, holding what a paramedic, a substitute caregiver, or a relative arriving from out of town would need in the first ten minutes. Responders in many areas are trained to check the refrigerator, so that is the convention worth following. Put a card on the fridge and one on the inside of the front door saying the information is there.

Everything in this box is knowledge that otherwise lives in one person's head. The box exists for the day that person is not there to be asked.

DOCUMENTS

- ☐ Copy of the healthcare power of attorney
- ☐ Copy of the advance directive or living will
- ☐ Copy of a signed HIPAA authorization
- ☐ Copy of the durable power of attorney for finances
- ☐ A note saying where the originals are kept and who holds copies
- ☐ Insurance cards: health, Medicare or Medicaid, supplement or Advantage
- ☐ A recent photograph, dated on the back

MEDICAL

- ☐ Current medication list with doses and times, dated
- ☐ Allergies, and what reaction each one causes
- ☐ Ongoing conditions, and roughly when each was diagnosed
- ☐ Implanted devices: pacemaker, defibrillator, stent, joint replacement
- ☐ Recent hospitalizations, and what changed as a result
- ☐ Primary care doctor, specialists, and pharmacy, with numbers
- ☐ Preferred hospital

PEOPLE

- ☐ Next-of-kin call list in order, with relationships and numbers
- ☐ Which person on that list is the healthcare agent
- ☐ Who has keys to the house, and where a spare is kept
- ☐ A neighbor who can get in
- ☐ Who to call about the pets

THE PART MOST BOXES LEAVE OUT

A responder can read a medication list. What they cannot do is guess any of this.

- ☐ Can this person reliably answer questions about themselves? Say so plainly.
- ☐ How they communicate if they cannot
- ☐ What settles them when they are frightened
- ☐ Anyone who depends on this person and cannot be left alone, including a spouse
- ☐ Pets in the house, and what they need
- ☐ Where the full Family Care Notebook lives

WHERE THE BOX LIVES, AND WHO KNOWS

Duplicate kept in:

Contents last reviewed on:

Review it whenever a medication changes, after any hospitalization, and twice a year regardless. A box nobody has opened in three years is worse than no box, because somebody will trust it.

Emergency Information

Fill this in, put it in the box, and put a copy on the refrigerator door. Update it whenever anything on it changes.

Full legal name	
Date of birth	
Home address	
Home phone	
Blood type, if known	
Preferred hospital	
Primary care doctor and phone	
Pharmacy and phone	
Health insurance and member number	
Medicare or Medicaid number	

CALL THESE PEOPLE, IN THIS ORDER

	Name	Relationship	Phone	Healthcare agent?
1				
2				
3				
4				

WHERE TO FIND THE REST

Where the originals of the legal documents are kept, and where the full care notebook lives.

The short version, for the box and the glove compartment. Date it every time you change it, because an undated list gets trusted longer than it should be.

ALLERGIES AND REACTIONS

Allergy or sensitivity	What happens

CURRENT MEDICATIONS

Medication and dose	What it is for	When taken

IMPLANTED DEVICES

Pacemaker, defibrillator, stent, joint replacement, insulin pump, and when placed.

Last updated:

What Else They Need to Know

A paramedic can read a medication list. None of what follows is on one, and all of it changes what happens in the first hour.

Can this person reliably answer questions about themselves? Say so plainly, and say what they may get wrong.

How they communicate if they cannot speak for themselves.

What settles them when they are frightened or confused.

Anyone in the house who depends on this person and cannot be left alone. Name them, and name who to call for them.

Pets in the house, what they need, and who to call.

Who has a key, and where the spare is kept.

Tape one card to the refrigerator door and one to the inside of the front door, at eye level. Responders who know to look will look in those two places.

EMERGENCY INFORMATION

is in the refrigerator, in a marked container.

Medications, allergies, conditions, insurance,
advance directive, and who to call.

Prepared with the Family Integrator's Handbook.

opahomecare.com | 404-689-4440

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IN AN EMERGENCY, CALL

Name, relationship, and number. Keep it current.