



Senior

EMERGENCY

xxxxxxxxxxxx *Kit* xxxxxxxxxxxxxx

Welcome

You make sure your loved one gets the best care you can give. That job just got easier with the Caring For Your Parents: Senior Emergency Kit® from the Home Instead Senior Care® network.

Use this kit to keep your loved one's medical and financial information organized in one central place.

Inside this toolkit, you'll find:



IMPORTANT CONTACT
Information



MEDICATION
Tracker



ALLERGIES and CONDITIONS
Worksheet



DOCTOR VISIT
Worksheet



ADDITIONAL
Resources



EMERGENCY
Checklist

You can find extra copies of these materials on the Caring For Your Parents: Senior Emergency Kit website at www.SeniorEmergencyKit.com.

For more information and extra resources visit us at www.HomeInstead.com

Thank you for providing such loving care to one of society's greatest resources – seniors.

Sincerely,

Jeff Huber
President, Home Instead, Inc

Once completed, the Caring for Your Parents: Senior Emergency Kit® will contain sensitive health and financial information. As is always the case when dealing with such information, we encourage you to take steps to ensure the Kit is carefully safeguarded to protect your parent's privacy and prevent third parties from accessing and misusing the information.



Important
CONTACT
xxx Information xxx

IMPORTANT INFORMATION FOR: _____

ADDRESS: _____

DATE OF BIRTH: _____ **PHONE** _____

Use the chart below to write down how to reach your loved one's important contacts, like doctors, lawyers and financial advisers.

CATEGORY	NAME/ BUSINESS	PHONE NUMBER(S)	ADDRESS	FAX	ACCOUNT/POLICY NUMBER	OTHER IMPORTANT INFORMATION
EMERGENCY						
GENERAL PRACTICE						
OPTOMETRIST						
OPHTHALMOLOGIST						
DENTIST						
LAWYER						
ACCOUNTANT						
VETERAN'S GROUP						
SAFE DEPOSIT BOX						




Important Contact Information

CATEGORY	NAME/ BUSINESS	PHONE NUMBER(S)	ADDRESS	FAX	ACCOUNT/POLICY NUMBER	OTHER IMPORTANT INFORMATION
POWER OF ATTORNEY HOLDER CONTACT						
CHURCH OR SYNAGOGUE						
RELIGIOUS LEADER						
OTHER MEDICAL SPECIALISTS						
BANK ACCOUNTS						
INSURANCE AGENTS & POLICIES						
RETIREMENT PLANS & INVESTMENTS						



Important Contact Information

CATEGORY	NAME/ BUSINESS	PHONE NUMBER(S)	ADDRESS	FAX	ACCOUNT/POLICY NUMBER	OTHER IMPORTANT INFORMATION
OTHER CONTACTS (in case of emergency or death)						
UTILITIES & NEWSPAPERS (in case of long-term hospitalization or death)						

For more information, please visit SeniorEmergencyKit.com





MEDICATION

Tracker



When you keep track of your loved one's medicines, it helps prevent accidents. Show this list to doctors and dentists so they can watch out for interactions and side effects.

Make sure you update this list after every doctor or dentist visit. You can also make copies of this list for relatives or caregivers who are involved with your loved one's care.

List all medicines, including:

Prescribed drugs, Over-the-counter (OTC) products, Vitamins, herbal products, and other supplements.

IMPORTANT INFORMATION FOR: _____

ADDRESS: _____

DATE OF BIRTH: _____ **PHONE** _____

MEDICATION	DESCRIPTION	DOSE	DOSE INSTRUCTIONS	PRESCRIBED BY OR OTC
<i>Example: Ibuprofen</i>	<i>Round, Orange Pill</i>	<i>200 mg</i>	<i>Take 2 tabs each morning with food</i>	<i>Dr. Jones</i>

Before visiting the doctor, remember to check medications to see if refills are needed.



DOCTOR VISIT

Worksheet

Write down your loved one's answers to the questions below. Then, use the answers to talk to a doctor about any concerns.

DOCTOR NAME: _____ DATE OF VISIT: _____

WHAT IS YOUR MAIN CONCERN RIGHT NOW?

DO YOU HAVE ANY NEW SYMPTOMS, SUCH AS PAIN?

WHAT CHANGES HAVE YOU NOTICED IN YOUR HEALTH SINCE YOUR LAST VISIT?

IF YOU CURRENTLY TAKE MEDICATION FOR PAIN OR ANY OTHER SYMPTOM, HOW IS IT WORKING?

HAVE YOU STARTED ANY NEW MEDICATIONS? WHAT ARE THEY? DO YOU HAVE ANY SIDE EFFECTS FROM THE MEDICINES YOU TAKE?

HAVE YOU SEEN OTHER DOCTORS BEFORE THIS VISIT? HAVE YOU HAD DIAGNOSTIC TESTS OR OTHER TREATMENTS? DO YOU WANT TO DISCUSS THOSE RESULTS?



Doctor Visit Worksheet

Use this page to write down what your loved one and the doctor discussed.

TESTS ORDERED

TEST RESULTS

RECOMMENDATIONS

MEDICATION INSTRUCTIONS

DIETARY RESTRICTIONS

NEXT STEPS

OTHER NOTES

For more information, please visit SeniorEmergencyKit.com





ADDITIONAL

Resources

Check out these websites for more information on keeping your loved one safe and healthy:

Caring For Your Parents: Senior Emergency Kit® www.SeniorEmergencyKit.com

This website contains most of the materials included in this toolkit, as well as a list of online tools for tracking your loved one's medical information. If you ever need extra copies of the toolkit's materials, visit the site

Home Instead Senior Care® www.HomeInstead.com

The Home Instead Senior Care network is the world's largest provider of non-medical in-home care services for seniors, with nearly 1,000 independently owned and operated franchises that provide in excess of 45 million hours of care each year. Their offices are located in throughout the United States and 17 international markets.

The 40-70 Rule®

www.4070talk.com

The 40-70 Rule® program and support services are offered to help families have open discussions about providing care for parents, as well as other senior topics. On this website, you'll find tips to help bridge the communication gap between adult children and their senior loved ones.

The 70-40 Rule® www.7040talk.com

The 70-40 Rule® program and support services is designed to help seniors start those sometimes difficult conversations, such as end of life issues, senior romance, or family feuds, with their adult children. This website and related support services offer practical guidance and suggestions to help seniors and their adult children open their lines of communication today.

CaregiverStress.com® www.CaregiverStress.com

CaregiverStress.com is an educational resource dedicated to helping caregivers care for themselves while caring for others. On this site you'll find helpful articles, educational videos on caregiving topics, and a caregiver stress meter to help you assess your needs.

Life Legacies www.lifelegaciesandwishes.com

Nearly half of all Boomers would like to know more about their parents' end-of-life wishes. Life Legacies provides a set of tools that can help seniors and their families make sure that their wishes are carried out.

Stages of Senior Care www.StagesofSeniorCare.com

This book was written by Home Instead Senior Care® founders Paul and Lori Hogan to guide readers through the process of providing care for their aging parents. It includes clear and practical advice on care options, the pros and cons of each, the relative costs, what to look for and avoid, paying for services, and how to deal with complications. Stages includes checklists and diagnostics designed to help families make good, life-affecting decisions while confidently planning the best care for those they love most.

American Society of Consultant Pharmacists www.ascp.com

The American Society of Consultant Pharmacists is an organization of 7,000 members who work to improve drug therapy and the quality of life for seniors.



Additional Resources

Aging with Dignity www.AgingWithDignity.org

Aging with Dignity is a national non-profit organization with a mission to affirm and safeguard the human dignity of individuals as they age and to promote better care for those near the end of life. The Five Wishes document, which expresses how you want to be treated if you are seriously ill and unable to speak for yourself, was created by Aging with Dignity. To order copies, call 888-5 WISHES (594-7437) or online at www.agingwithdignity.org.

Canadian Society of Consultant Pharmacists www.cscpharm.com

The Canadian Society of Consultant Pharmacists is a chapter of the American Society of Consultant Pharmacists.

Safe Medication for Seniors www.hc-sc.gc.ca/hl-vs/iyh-vsv/med/safe-secure-eng.php

Health Canada provides valuable information about safe use of medications for Canadian seniors.

Canadian Generic Pharmaceutical Association www.CanadianGenerics.ca

The CGPA represents the Canadian-based generic pharmaceutical industry: a dynamic group of companies which specialize in the production of high quality, affordable generic drugs, fine chemicals and new chemical entities.

Center for Medicines and Healthy Aging www.MedsandAging.org

This resource from the American Society of Consultant Pharmacists Foundation can help seniors identify what a pharmacist could do for them and locate one in their area.

“Medications and the Older Adult”

<https://www.metlife.com/assets/cao/mmi/publications/since-you-care-guides/mmi-medications-older-adult.pdf>

The MetLife Mature Market Institute publication “Medications and the Older Adult” from their “Since You Care” series of guides is produced for caregivers. This publication provides information about important considerations for older adults related to taking both prescription and over-the-counter medications.

National Alliance for Caregiving www.caregiving.org/pubs/data.htm

National Alliance for Caregiving provides a variety of resources for older adults and their family caregivers.

Health Insurance Portability and Accountability Act www.hipaa.org

Family caregivers may acquaint themselves with a better understanding of privacy laws as they pertain to their loved one’s medical records.

For more information, please visit **SeniorEmergencyKit.com**





EMERGENCY Checklist

Name: _____

Address: _____

Date of Birth: _____ Male Female

EMERGENCY CONTACTS

Name: _____

Name: _____

Address: _____

Address: _____

Home Phone: _____

Home Phone: _____

Work Phone: _____

Work Phone: _____

Cell Phone: _____

Cell Phone: _____

MEDICAL DATA

Last Updated: _____

Blood Type: _____

Doctor Name: _____

Phone: _____

Doctor Name: _____

Phone: _____

MEDICAL PROBLEM	MEDICATION	DOSAGE	FREQUENCY

Religion: _____

Do you have a living will? Yes No

On file at: _____

Do you have a healthcare proxy? Yes No

On file at: _____

Do you have a power of attorney? Yes No

On file at: _____

Do you have an EMS-NO CPR Directive or DNR Form? Yes No

On file at: _____

MEDICAL CONDITION CHECKLIST

- No known medical conditions
- Abnormal EKG
- Adrenal Insufficiency
- Angina
- Asthma
- Bleeding Disorder
- Cancer
- Cardiac Dysrhythmia
- Cataracts
- Clotting Disorder
- Coronary Bypass Graft
- Dementia
- Alzheimer's
- Diabetes/Insulin Dependent
- Eye Surgery
- Glaucoma
- Hearing Impaired
- Heart Value Prosthesis
- Hemodialysis
- Hemolytic Anemia
- Hepatitis – Type _____
- Hypertension
- Hypoglycemia
- Implantable Devices: _____
- Laryngectomy
- Leukemia
- Lymphomas
- Memory Impaired
- Myasthenia Gravis
- Pacemaker
- Renal Failure
- Seizure Disorder
- Sickle Cell Anemia
- Stroke
- Tuberculosis
- Vision Impaired
- Other: _____

ALLERGIES

- No known allergies
- Aspirin
- Barbiturate
- Codeine
- Demerol
- Insect Stings
- Latex
- Lidocaine
- Morphine
- Novocaine
- Penicillin
- Sulfa
- Tetracycline
- X-Rays Dyes
- Environmental: _____

For more information, please visit SeniorEmergencyKit.com

