

Emergency Information at a Glance

Essential information another responsible person can find and use quickly.

Emergencies reduce the time available to search for information. This pack gathers the contacts, current health information, practical assistance needs, equipment, and backup details most likely to matter first.

USE IT AS A QUICK REFERENCE

This does not replace medical records, an advance directive, a medication-management system, or instructions from emergency professionals. Point to the current authoritative information rather than copying details that may quickly become outdated.

PROTECT PRIVATE INFORMATION

Do not record passwords, PINs, Social Security numbers, full financial account numbers, or other unnecessary sensitive information. Store the completed pages securely and share them only with appropriate people.

UPDATE AFTER A MEANINGFUL CHANGE

- ☐ Hospitalization or major health change
- ☐ Medication or treatment change
- ☐ Change in mobility, communication, equipment, or supervision needs
- ☐ Change in emergency contacts, healthcare professionals, pharmacy, or preferred facility
- ☐ Change in backup help, transportation, or evacuation arrangements

Person this information is for:

Date reviewed / updated:

Current medication list is kept here:

Other essential records / care instructions are kept here:

Emergency Care Summary

Information	Details
Preferred name / date of birth	
Important health conditions	
Allergies / serious reactions	
Primary healthcare contact	
Pharmacy	
Preferred healthcare facility, if applicable	
Health insurance information is located	
Advance directive / other important care document is located	

Important current instruction another helper or responder should know:

Recent change that may matter today:

Contacts, Communication & Assistance

EMERGENCY CONTACTS / NOTIFICATION ORDER

Name / Relationship or Role	Phone / Contact	When to Contact / Priority

PRACTICAL ASSISTANCE NEEDS

Area	What Another Person Needs to Know
Walking / transfers / stairs	
Vision / hearing / communication	
Memory / orientation / supervision	
Personal care assistance	
Food / fluid need that matters now	

What the person can safely do independently:

What should not be assumed:

Equipment, Supplies & Power Needs

Include equipment or supplies important to daily health, communication, mobility, or safe evacuation. Record established instructions rather than inventing emergency workarounds.

Equipment / Supply	Where It Is	Power / Battery / Supply Need	Important Instruction / Provider

If power is interrupted, the established backup plan is:

Durable medical equipment / supply provider contact:

QUICK CHECK

- ☐ Chargers / batteries are easy to locate.
- ☐ A helper knows what equipment must travel with the person.
- ☐ Instructions needed to operate essential equipment can be found.
- ☐ Replacement supplies or provider information can be found.

Grab-and-Go & Home Disruption Plan

IF WE NEED TO LEAVE

Take / Locate	Where It Is / What to Bring
Medicines / medication information	
Identification / insurance	
Medical / mobility equipment	
Communication / hearing / vision aids	
Essential medical supplies	
Chargers / batteries / backup power	

Where would we go if we had to leave home?

Transportation / evacuation help we may need:

IF ORDINARY SERVICES ARE INTERRUPTED

Disruption	What Becomes Difficult First?	Established Backup / Contact
Electricity / charging		
Transportation		
Caregiver / home-care availability		
Pharmacy / medication access		
Medical treatment / scheduled service		

The backup we most need to strengthen:

Emergency Readiness Check

The goal is not to predict every emergency. It is to reduce searching, guessing, and avoidable delay when another person needs to help.

- ☐ Emergency contacts are current and the first person to call is clear.
- ☐ The current medication list can be found quickly.
- ☐ Important conditions and allergies are recorded or easy to locate.
- ☐ Mobility, communication, and supervision needs are understandable.
- ☐ Essential equipment, supplies, and power needs are identified.
- ☐ Important records and care instructions can be found by an appropriate helper.
- ☐ Transportation / evacuation needs have been considered.
- ☐ A backup person knows they may be called and what help may be needed.
- ☐ The information has been reviewed after the most recent major change.

THE ONE-MINUTE TEST

Imagine an appropriate helper arrives and you cannot explain anything. Could that person use these pages to find the right contacts, locate current medication information, understand immediate assistance needs, and identify essential equipment without searching through the whole house?

What would still be hard to find or understand?

What I will update first:

Who should know where this pack is kept?

Next review date:
