

Help Your Aging Parents Prepare for a Medical Emergency

- ❑ **Identify Emergency Contacts**
 - Identify a local, trusted person who can advocate in an emergency
- ❑ **Obtain HIPAA Release Forms**
 - Provide HIPAA releases to help healthcare providers share information
- ❑ **Place Emergency Documents Where They Can Be Found**
 - Place a current medical history and medication list on the refrigerator and in your parent's wallet.
 - Give a copy to the emergency advocate.
- ❑ **Find Out What Medications Your Loved One is Actually Taking**
 - Verify through observation whether medications are actually being taken
- ❑ **Use a Personal Emergency Response or Home Automation System**
 - New systems can detect and report falls or changes from personal routines
- ❑ **Clearly Mark the Home So Emergency Responders Can Find It**
 - Post the address clearly and prominently at the end of the driveway and on the home, and make room for a 26 inch wide stretcher
- ❑ **Grant Access to the House**
 - Ideally, leave a key with a trusted friend or relative nearby
- ❑ **Complete an Advance Health Care Directive**
 - Make medical preferences known and name a trusted person as your agent
- ❑ **Prepare Little Comforts for Emergency Room Visits**
 - Reading glasses, hearing aids, a book or newspaper, a warm wrap, healthy snacks, etc.
- ❑ **Check in Often with Your Loved One**
 - Have someone visit your loved one often in person to can monitor changes