

How to Prepare for a Medical Emergency



Care is There Geriatric Care Management
800.434.1633
www.CareisThere.com

Ask about our free consultations

Care 
is There
Coordinating Independent Lifestyles

Why Prepare?



Better Care



Peace of Mind

1. Identify Emergency Contacts

- Local
- Trusted
- Willing / able to advocate in an emergency



2. Obtain HIPAA Releases

Reassures healthcare providers
that they have permission
to share information



3. Post Emergency Info

Gather

- Medical history
- Medication list
- Advance directives

Place

- Refrigerator
- Wallet
- With advocate

4. Verify Medication Adherence

Is your loved one actually taking the medications on their list?

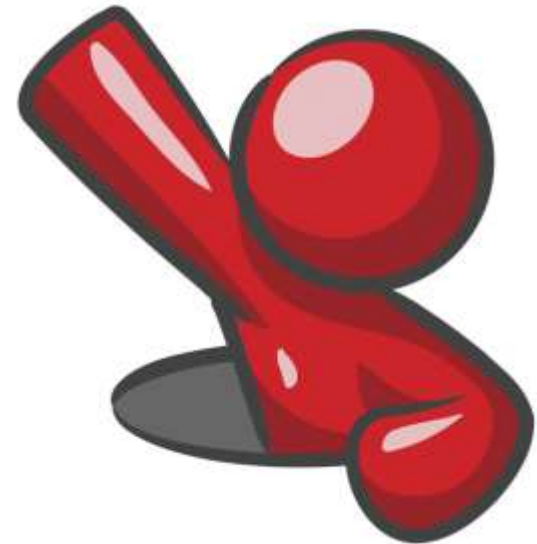


- Ask
- Review pill boxes

5. Personal Emergency Response System



- Detect falls
- Report falls
- Detect change in routines



6. Mark the Home and Clear a Path

Emergency responders need to find the home and get your loved one out!

- Post the address clearly and prominently at the **end of the driveway** and **on the home**
 - **The mailbox alone is not enough**
- Use a reflective or illuminated material that is **visible day and night**
- Use **large numbers** and make sure it can be seen from **all directions**
- Clear the view of the numbers from **obstructions** like shrubs, trees, or decorations such as flags
- Make space for a **26 inch wide stretcher** to be carried into the home



7. Grant Access to the Home

Senior living: discuss access permission with security personnel

Home:

- Ideally, leave a key with a trusted friend or relative nearby
- Avoid giving keys to professional caregivers
- Avoid hiding keys in obvious places



8. Complete an Advance Health Care Directive



- Health care agent under power of attorney
- Advance health care directive / living will
- Durable Do Not Resuscitate order (if appropriate)
- POLST (if appropriate)



9. Prepare Little Comforts for Emergency Room Visits



- Reading glasses and hearing aids
- Book or newspaper
- Healthy snacks / change for vending



- Warm wrap
- Cell phone charger, etc.
- Do not bring valuables

10. Check in Often with Your Loved One



- See your loved one often in person so you can monitor any changes in their health and their living situation
- If you can't visit, arrange for friends or a professional advocate to do so



Be Prepared



1. Identify Emergency Contacts
2. Obtain HIPAA Release Forms
3. Place Emergency Documents Where They Can Be Found
4. Verify Medication Adherence
5. Use a Personal Emergency Response or Home Automation System
6. Clearly Mark the Home So Emergency Responders Can Find It
7. Grant Access to the Home
8. Complete an Advance Health Care Directive
9. Prepare Little Comforts for Emergency Room Visits
10. Check in often

For More Information



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