

If Something Happened to one of your parents tomorrow... Would You Know Where to find their Critical Information?

Below is a list of critical items and information to include in your folder:

- ✓ Parent's full name, date of birth, and main diagnoses
- ✓ Health insurance cards like Medicare, Medicaid, Private Insurance, Prescription Insurance, etc.
- ✓ Current medication list including: over the counter, supplements and prescriptions.
- ✓ Primary doctor, specialists, and pharmacy contact info.
- ✓ List any existing chronic health conditions and specialists
- ✓ Power of Attorney documents
- ✓ Health Care Proxy or Medical Power of Attorney
- ✓ Living will document
- ✓ List of monthly bills and banking contacts
- ✓ Emergency contact list (family, neighbors).
- ✓ List of trusted neighbors/friends who can help
- ✓ Funeral/burial/legacy wishes (if available)
- ✓ Scanned ID cards like driver's license, passport, Social Security card.
- ✓ Key family caregivers (names, roles, contact info)
- ✓ Weekly care schedule snapshot (who helps when)
- ✓ Preferred pharmacy and refill process
- ✓ Transportation routine (how do they get to appointments?)
- ✓ Notes on preferences (diet, routine, habits)
- ✓ Ask what your parent considers "quality of life"
- ✓ List of "must-ask" questions for their next doctor visit

Provided by

