

## EMERGENCY INFORMATION SHEET

**Print Legibly - Fill in what you wish. Keep this where it will be found if needed (see back)**

My Name			
My Mobile Phone #		Access Code	
My Landline #		Access Code	
Personal Contact (1)	Name	Relationship to me	Phone
Personal Contact (2)	Name	Relationship to me	Phone
Personal Contact (3)	Name	Relationship to me	Phone
Contact Neighbor at The Vaux (1)	Name	Unit	Phone
Contact Neighbor at The Vaux (2)	Name	Unit	Phone
My Primary Health Insurance	Insurer	My ID #	Phone
My Secondary Health Insurance	Insurer	My ID #	Phone
My Primary Physician	Name	Office	Phone
My Financial Advisor	Name	Office	Phone
My Attorney	Name	Office	Phone
My Insurance Agent	Name	Office	Phone
My Pets			
My Known Medical Conditions / Allergies			
My Medications (names and dosage)			
My Advance Directive (Location, POLST #)			

*(continued on back of sheet)*

## Added Thoughts

### About the Sheet

- Pick and choose - all items on the Sheet are optional.
- Keep the Sheet where it will be found if something happens to you. Perhaps with a magnet on your refrigerator, or another place you tell trusted others about.
- Possibly keep the Sheet in a sheet protector, along with a copy of any advance directive or similar document.

### Picking a Neighbor

- You might find it helpful to identify a trustworthy neighbor in The Vaux and give them access to a key to your Unit. This is in case something happens to The Vaux or your Unit while you're away, or you have a medical emergency.

### Advance Directives and POLST

- An advance directive is a document for identifying someone to speak for you if you become incapacitated and for making your care wishes known. One type of advance directive is called a durable power of attorney for health care.
- A POLST (Physician Order for Life Sustaining Treatment) form is a set of medical orders, similar to the do-not-resuscitate (allow natural death) order. POLST is not an advance directive. POLST does not substitute for naming a health care agent or durable power of attorney for health care.