

# Toolkit Helps Family Caregivers Be Ready for the Call

The Home Instead Senior Care® network's Caring for Your Parents: Senior Emergency Kit<sup>SM</sup>, information management tool can help ensure that family caregivers have fast and easy access to important information about their loved ones in case they get an emergency call.

The Home Instead Senior Care network worked with Humana Points of Caregiving® to develop the tool as a resource to give family caregivers ready access to a senior's doctors, pharmacy and insurance company, medications and dosage details, as well as allergies and other important information.

This toolkit will provide family caregivers the following information about their senior in a centrally located file:

- Checklist of important contact names and information
- Medication Tracker
- Allergies and Conditions Worksheet
- A Doctor Visit Worksheet
- A Senior Health Tracker Magnet to place on a loved one's refrigerator
- A Wallet Card for seniors to carry when they are away from home

The file also will give seniors and their family caregivers one location to house important documents or copies of information such as:

- Health Care Proxy
- DNR Order
- Advance Directives such as Living Will and Durable Power of Attorney
- Insurance Policies
- Will and Testament
- Copy of Medicare/Medicaid Card
- Anatomical Gift/Organ Donation Card
- Valuables Designation List

The toolkit is part of the organization's Answering the Call<sup>SM</sup> program designed to help family caregivers be ready for a call that their senior loved one has had an emergency. To learn more about these resources, go to [www.SeniorEmergencyKit.com](http://www.SeniorEmergencyKit.com).