

Emergency Info & Go-Bag Sheet

One page. Keep on the fridge and in the go-bag.

Hand this to EMS, the ER, or a respite caregiver and they'll know exactly what they need in 30 seconds.

Full name

Date of birth

Address

Insurance & member ID

Medicaid waiver / payer

MEDICAL

Diagnoses

Allergies (drug, food, environmental)

Current medications (or attach med list)

Implanted devices / DNR status

EMERGENCY CONTACTS

Name	Relationship	Phone	Has authority?

GO-BAG CHECKLIST

- 3-day supply of every medication in original bottles
- Copies of insurance card, photo ID, advance directives
- Phone charger and contact list on paper
- Comfort item, glasses, hearing aids, dentures
- Change of clothes, incontinence supplies, snacks, water