

notes

Vital Documents Sets to Keep by the Bedside

Here's a list of the four most important sets to have prepared in case of a crisis:

- Living will, durable power of attorney for healthcare and other advance directives.**
 - a. Living Will – Lays out your parent's wishes regarding medical treatment
 - b. Health Care Proxy – Identifies person with first and second alternate who is empowered to make health care decisions for your parent should he or she become incapacitated
 - c. Other Advance Directives – May include wishes regarding organ donation, do not resuscitate (DNR), withholding of nutrition and hydration
- Basic personal information.** Create a document that includes the basics: full name, personal description (height, weight, eye color, hair color, scars, etc.), current address, phone number(s) – BUT be careful not to reveal too much personal information that could lead to identity theft.
- Complete contact information.** In addition to listing the next of kin, provide contact information (home, work and cell phone numbers, plus email addresses) for the following:
 - a. Doctors, therapists, pharmacies and other caregivers
 - b. Friends/neighbors
 - c. Other relatives
 - d. Employer
 - e. Other regular homecare workers
- Personal Health Record.** Make sure your parent's personal health/medical record is up to date with the following information:

a. Full name, address and birth date	e. Hospitalizations
b. Blood type	f. Surgeries
c. Any disease or condition that could affect medical treatment	g. Recent medical tests
d. Recent illnesses	h. Current medications
	i. Previous medications
	j. Shot/vaccination record

For more information on these questions and what to expect, access the Parentgiving Learning Center.