Caregiver binder

Everything about one person's care, in one place.

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THIS BINDER IS FOR

DATE OF BIRTH

ADDRESS

PHONE

BLOOD TYPE

MAIN LANGUAGE

LAST UPDATED

ALLERGIES AND WHAT HAPPENS

HEALTH CONDITIONS

EMERGENCY CONTACT AND PHONE

MAIN DOCTOR AND PHONE

HEALTH INSURANCE AND MEMBER NUMBER

PHARMACY AND PHONE

HEALTH CARE PROXY (SPEAKS FOR THEM IF THEY CAN'T)

PREFERRED HOSPITAL

WHO HAS A SPARE KEY

FAITH OR CULTURAL NEEDS

What's inside

1. Contacts · 2. Medication list · 3. Doctor visit log · 4. Appointments · 5. Important documents · 6. Daily care log

Keep copies of the insurance card and ID in the front pocket.

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1. Contacts

Everyone involved in care.

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Family and helpers

NAME	RELATIONSHIP	PHONE	CAN HELP WITH e.g. rides, nights, paperwork

Health care

	NAME	PHONE	NOTES
Main doctor			
Specialist			
Specialist			
Dentist			
Pharmacy			
Health insurance			
Home care agency			
Nearest hospital			

Poison Help (US): 1-800-222-1222. Emergency: 911.

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2. Medication list

Every medicine, vitamin and supplement. Bring it to every visit.

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MEDICINE and what it's for	**DOSE** e.g. 500 mg	**WHEN TO TAKE IT**	**PRESCRIBED BY**	**NOTES** started, refill date

Include store-bought pills, vitamins, supplements, eye drops, inhalers and creams.

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3. Doctor visit log

Write it down before you leave the room.

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DATE	DOCTOR	WHY WE WENT	WHAT THEY SAID	NEXT STEPS

Ask: what changed today, what to watch for, and when to come back.

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4. Appointments

Coming up, and who is taking them.

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DATE AND TIME	WITH	WHERE	RIDE / WHO GOES	BRING

Bring the medication list and insurance card to every appointment.

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5. Important documents

Where each paper is kept. Never write passwords or full account numbers here.

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DOCUMENT	HAVE IT?	WHERE IT IS KEPT	WHO TO ASK
Photo ID / driver's license			
Social Security card			
Medicare / Medicaid card			
Health insurance card			
Advance directive / living will			
Health care proxy			
Power of attorney (money)			
Will or trust			
Bank and retirement accounts			
Life insurance policy			
Deed or lease			
Car title			
Tax returns (last 3 years)			
Pension or benefit letters			
Funeral wishes			
Other			

A lawyer or the bank can explain what each document does. This page is only a map of where things are.

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6. Daily care log

For everyone who helps: what happened today.

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DATE	MEALS	MEDICINES GIVEN	MOOD / SLEEP	NOTES

Call the doctor if something new or worrying shows up.

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