

# Your Senior Emergency Checklist

*Giving guidance to navigate all the options*

## **Medical**

Ensure you have all the relevant information gathered in either digital or hard copy format.

- Current medical providers – name, phone number, and email address
- Current medical conditions
- Current medication(s) – how often, which doses
- Allergies

## **Legal**

Remember to keep all your information stored in a digital or physical format, named clearly, and ensure that only relevant people have access to passwords and other sensitive information.

- Power of Attorney
- Living Will – give a digital or hard copy to your physician
- Will
- Trust
- Location of legal documents
- Verify the people appointed in legal documents have a copy and are willing to serve if needed

***If you or a loved one requires urgent assistance, get in touch with our team of local experts today.***

 **Call us on 602-845-1320**

 **Visit our website [www.optionsforseniorliving.com](http://www.optionsforseniorliving.com)**

 **Email us at [support@optionsfsl.com](mailto:support@optionsfsl.com)**

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## End-of-Life

Be mindful to create a digital or physical copy of any important conversations regarding end-of-life issues and have your senior loved one sign only if they are completely satisfied.

- Feelings about death
- Is it important to die at home?
- Burial vs cremation preferences
- Funeral/Memorial preferences – be specific!



## Emergency Assistance

Ensure that you revise the below lists often so details remain current.

- Who will be called first/second in the event of an emergency?
- Is there someone local who can assist if the family lives far away?

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## **Financial**

Don't forget to note important passwords or login information for any digital or physical accounts that may get frozen in the event of an emergency.

- Location of bank/investment accounts
- Location of safe box and keys
- Location of financial documents
- Who is monitoring bank & credit card statements?

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## **Medical**

Ensure you have all the relevant information gathered in current hard copy format. Please fill in details below based on the information required on Page 1 for Medical.



## **Legal**

Remember to keep all your information stored in a digital or physical format, named clearly, and ensure that only relevant people have access to passwords and other sensitive information. Please fill in details below based on the information required on Page 1 for Legal.

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## **End-of-Life**

Be mindful to create a digital or physical copy of any important conversations regarding end-of-life issues and have your senior loved one sign only if they are completely satisfied. Please fill in details below based on the information required on Page 1 for End-of-life.



## **Emergency Assistance**

Ensure that you revise the below lists often so details remain current. Please fill in details below based on the information required on Page 2 for Emergency Assistance.

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