

# Essential Emergency Medical Planning for Seniors - Checklist

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*As our loved ones age, ensuring they have robust emergency medical plans in place becomes increasingly critical. This guide covers the essential questions families need to ask to safeguard their senior's health and well-being during a crisis. By addressing these practical concerns proactively, you can provide your older adult with the security and peace of mind they deserve.*

**How to use this checklist:** *Check off each question as you ask it, and use the note lines to record important answers and observations.*

## Emergency Contact & Medical Information

### ☐ 1. Do you have a comprehensive emergency contact list?

*Having an up-to-date emergency contact list with names, phone numbers, and relationship to your senior is crucial for quickly notifying loved ones in a crisis.*

**Notes:**

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### ☐ 2. Where are your important medical documents stored?

*Ensure your senior's essential medical records, insurance information, and advance directives are easily accessible in an emergency.*

**Notes:**

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### ☐ 3. Do you have a detailed medical history on hand?

*A comprehensive medical history, including current medications, conditions, and allergies, can help emergency responders provide the best possible care.*

**Notes:**

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## Emergency Preparedness

### □ 1. What emergency supplies do you have ready?

*Stocking up on essential emergency items like medications, first aid kits, flashlights, and emergency contact information can make a big difference in a crisis.*

**Notes:**

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### □ 2. Do you have an emergency evacuation plan?

*Discussing and practicing an evacuation plan, including designated meeting spots and transportation options, can ensure your senior is prepared to quickly and safely leave their home.*

**Notes:**

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### □ 3. How will you receive emergency alerts and notifications?

*Registering for local emergency notification systems and ensuring your senior has access to weather radios or other alert methods can provide vital information during a crisis.*

**Notes:**

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# Emergency Care Preferences

□ 1. What are your wishes for emergency medical care?

*Understanding your senior's preferences for treatments, resuscitation, and end-of-life care can guide healthcare providers in honoring their wishes during a medical emergency.*

**Notes:**

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□ 2. Do you have an advance directive or living will?

*Advance directives and living wills legally document your senior's medical treatment preferences, ensuring their wishes are followed if they become incapacitated.*

**Notes:**

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□ 3. Who will make medical decisions if you can't?

*Designating a durable power of attorney for healthcare can empower a trusted loved one to make critical medical decisions on your senior's behalf if they are unable to do so.*

**Notes:**

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## Emergency Care Coordination

### ☐ 1. Do you have a primary care provider and specialists?

*Ensuring your senior has established relationships with healthcare providers who are familiar with their medical history and needs can facilitate seamless emergency care.*

**Notes:**

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### ☐ 2. How will emergency responders access your home?

*Providing clear instructions for emergency personnel to access your senior's home, such as a spare key or alarm code, can prevent delays in critical care.*

**Notes:**

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### ☐ 3. Who will help coordinate your emergency care?

*Identifying a trusted family member or caregiver to serve as the point of contact and advocate for your senior during a medical emergency can help ensure their needs are met.*

**Notes:**

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## Financial and Legal Considerations

### ☐ 1. Do you have adequate health insurance coverage?

*Reviewing your senior's health insurance policy and understanding their coverage, deductibles, and out-of-pocket maximums can help avoid unexpected medical bills during an emergency.*

**Notes:**

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### ☐ 2. How will you pay for emergency medical expenses?

*Discussing your senior's financial resources and exploring options like emergency funds or insurance riders can help them be prepared to cover the costs of unexpected medical care.*

**Notes:**

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### ☐ 3. Have you reviewed your legal documents?

*Ensuring your senior's legal documents, such as a will, power of attorney, and healthcare proxy, are up-to-date can provide critical guidance and protections in a medical crisis.*

**Notes:**

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