

CAREGIVER TIPS:

## *Creating a Back-Up Plan for You & Your Loved One*

Emergencies can happen, and they're almost always unexpected. That's why you should always be prepared. Whether it be a personal emergency or a larger disaster, the following information should be part of your overall back-up plan.



**1 EMERGENCY CONTACTS**

Make a plan with your family and friends. Are they able to help in the event of a disaster? Create a list of emergency contacts in the [LivingWith](#) app.

**2 HEALTHCARE PROVIDERS**

Have a conversation with all of your loved one's primary healthcare providers about how to reach them in the event of an emergency. Write down their names and contact information here:

HEALTHCARE PROVIDER

NAME \_\_\_\_\_

SPECIALTY \_\_\_\_\_

PHONE # \_\_\_\_\_

NOTES \_\_\_\_\_

HEALTHCARE PROVIDER

NAME \_\_\_\_\_

SPECIALTY \_\_\_\_\_

PHONE # \_\_\_\_\_

NOTES \_\_\_\_\_

HEALTHCARE PROVIDER

NAME \_\_\_\_\_

SPECIALTY \_\_\_\_\_

PHONE # \_\_\_\_\_

NOTES \_\_\_\_\_

HEALTHCARE PROVIDER

NAME \_\_\_\_\_

SPECIALTY \_\_\_\_\_

PHONE # \_\_\_\_\_

NOTES \_\_\_\_\_

**3 MEDICAL INFORMATION**

Your loved one should have access to details, such as their exact diagnosis, cancer stage and medications. Be sure they know where this information is and can easily access it, along with their insurance cards and medical records.

EXACT DIAGNOSIS \_\_\_\_\_

\_\_\_\_\_

CANCER STAGE \_\_\_\_\_

MEDICATIONS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**4 MEDICAL KIT**

Keep a kit handy with **dressings, antiseptic, medications, thermometer, etc.** You can find more information about what to include in your kit on [Ready.gov](https://www.ready.gov), the Department of Homeland Security's official website.