

When Seconds Count – Be Prepared with Emergency Contacts

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IMAGINE THIS....

WHO SPEAKS FOR YOU?



WHY THIS MATTERS

PREPARATION = DIGNITY + SAFETY

What is an Emergency Contact?

Not just a name on your
phone. It's someone
who can

- ✓ Answer quickly
- ✓ Make decisions
- ✓ Know your wishes
- ✓ Advocate for you





Using Your Phone for an Emergency Contact

- Almost everyone has a cell phone these days
- It can be accessed at home or in community
- It can provide loved one's peace of mind
- It can help doctors make faster, safer decisions





Why “ICE” Isn’t Enough

- If you don’t have contacts in the right place, they could be locked
- Phones could have dead batteries
- Phone can be hard to find
- Officers & paramedics are under time pressure – may need to transport you without information



What Information is in File of Life?

Full name

Emergency Contact

Phone Numbers

Medications

Allergies

Conditions

Insurance

Doctors

Think:

“What would I want them to know if I couldn't speak.”



HIPPA Authorization Form



- Authorizes disclosure of protected health information
- Can be customized based upon information you want disclosed
- Specify only for “healthcare”
- Can include additional conditions and limitations

Advance Health Care Directive



Advance Health Care Directive

- Legal document to choose someone to make health care decisions on your behalf
- Provide guidance about your healthcare wishes if you are unable to make your own health care decisions

LIFE CARE planning

my values, my choices, my care

kp.org/lifecareplan

REMEMBER:

1. Have this document witnessed or notarized
2. Sign and date
3. Provide a copy to your Physician



A Good Health Care Agent is Someone Who:

- Is willing to perform the role and is reasonably available
- Knows your values and beliefs well
- Is willing to honor and represent your preferences, even if they are different from your own
- Won't be afraid to ask questions and speak on your behalf, even if doing so goes against wishes of other loved ones
- Is comfortable making decisions under stress
- Will continue to check in with you about your preferences over time.



The Family Conversation

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- ✓ WHO'S FIRST CALL?
 - ✓ WHO LIVES CLOSEST
 - ✓ WHO HAS KEYS?
 - ✓ WHO SPEAKS TO DOCTORS



Helpful Tools

MEDICAL ALERT, APPLE WATCH, SMART SPEAKERS, LOCK BOX FOR EMS, CHECK IN

Quick Scenario Exercise

- What would you do if you had a fall at home?
- What would you do if you had a car accident?
- What would you do if you had stroke symptoms?

Who would you call first?



Your 10-Minute Action Plan

Tonight

- Create/update contact list
- Add to phone
- Fill out File of Life
- Tell family
- Consider completing HIPPA and Advance Directive

Plan of Action



Preparation isn't
about fear...

It's about peace of
mind.

Senior Concerns is here
to help.

