



THE CARE PARTNER PROJECT™

How to Get the Care You Want
for the People You Love

PLAN AHEAD

Whether or not you have a chronically ill or elderly loved one, being prepared for a hospital emergency room visit is a good idea for every member of the family. Some simple prep for ER visits can minimize potential complications and maximize efficiencies in care.

The ER may not be your only choice if an emergency arises. Become acquainted with the kind of care offered at your local Immediate Care Center. Typically, they have shorter waits, more comfortable surroundings, less “bustle” and all the testing equipment that hospital ER’s have—all at a lower cost!

*It’s really important to be aware of your loved one’s wishes and goals for medical care. A good resource to help you have those conversations is:
<https://fivewishes.org>*

CHECKLIST

BE PREPARED FOR ER VISITS

CREATE A “GRAB & GO” KIT

1. Organize medical records and info in a folder or notebook:

- 2 or more copies of the following important documents
 - Photo ID of your loved one
 - Insurance card(s)—front and back
 - Up-to-date list of medications, including vitamins, drug-store
 - Record of alcohol, tobacco and recreational drug use (no one will judge—this is important)
 - List of recent shots, with dates for each
 - Medical Power of Attorney
 - Advanced Directives
 - List of doctors who treat your loved one, with their contact info
 - List of all recent hospitalizations with dates, reasons for admission and outcome
 - List of all surgeries your loved one has ever had, dates of each
- CDs or thumb drives with any scans performed (EKG, CAT, MRI)
- Medication list (If you have time, put all your loved one’s medications in a baggie and bring.)

Note: You may have a long wait, so remember medications your loved one may need to take.

2. Pack a tote with items for your loved one and yourself:

- A favorite personal item (sweet treat? religious item?)
- A warm sweater, neck scarf, hat
- A light blanket (the kind you get on the airline is a good example —folds up compactly but offers warmth)
- Items (like a fidget-widget) to help quell anxiety (choose what helps your loved one)
- Headphones and favorite or soothing music on phone/ipad
- Noise-canceling headphones
- Sunglasses to shield eyes from fluorescent lights in hospital
- Bottles of water and powder packs of Gatorade
- Healthy snacks like little packs of nuts, granola bars, protein bars

continued



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OTHER CONSIDERATIONS

Be sure to include your adult loved one in all conversations. If hearing impaired, make sure the doctor knows so extra care can be taken to make sure your loved one is included—and not a bystander in his/her own care.

If your loved one requires transportation to the hospital, ask if you can ride along. It helps to explain that you can help keep your loved one calm and engaged.

If your loved one is experiencing confusion, let all Care Providers know if this is a temporary condition or their usual mental state. In older people, the onset of confusion (temporary) is a red flag for infection, often a urinary tract infection.

CHECKLIST

BE PREPARED FOR ER VISITS *continued*

2. Pack a tote with items for your loved one and yourself *continued*

- Contact list of others to call for help (If stored on your phone, organize in group(s) so you can find quickly (I.e. Dad's Doctors, Mom's Neighbors)
- Antibacterial hand cleaner, such as Purell (see The Care Partner Project's *Checklist to Prevent Infection*)
- Antibacterial surface wipes (See *Checklist to Prevent Infection*)
- Care Partner Project checklists—just in case your loved one is admitted to the hospital
- The [Beers List](#) of Medications
- Chargers for phone or other electronics you bring
- Notebook and pen

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