JTWGCO / WORKSHOP

Emergency Information Sheet

Complete together. Fill in only what your parent agrees to share.
Use locations for private records. Keep completed copies somewhere secure.

01 People to call

Preferred name

First contact / relationship / phone

Backup contact / relationship / phone

02 Health care contacts

Primary care office / phone

Specialist / phone

Pharmacy / phone

03 Current medication and allergy list

Where to find the current list

04 Insurance and identification

Where to find the insurance card

Where to find identification

05 Medical decision-making documents

Where to find current signed documents

Designated contact / phone, if shared

06 Home and pet needs

Authorized helper / phone

Urgent home or pet tasks

07 Review and copies

Last reviewed

Next review

Who has a copy / where the original is kept

Keep passwords, PINs, Social Security numbers, and account numbers off this sheet.
Update shared copies when contact details or document locations change.