

# **GATHERING GENERAL HEALTH AND FINANCIAL INFORMATION**

## **Topic #11: Preparing For the Unexpected**

**What if you received a call right now telling you that your mother fell and is on her way to the emergency room? Do you know who her doctor is? What medications she is taking? What allergies does she have?**

**While we never want to receive such a call, it's very important to be prepared and have vital information about a loved one at our fingertips.**

**At Meridian At Home, we've prepared a list of the most important things you should know in case an unexpected medical emergency occurs:**

- 1. Physician(s) Names/Numbers: This is one of the most important pieces of information you should have.**
- 2. Birth Date**
- 3. Social Security Number**
- 4. List of Allergies**
- 5. Advance Directives, which is a legal document that outlines a person's decisions about their health care. (for more information on this particular topic, visit the "Advanced Directives" module in the topic library.)**

6. **Major Medical Problems – Does your loved one have cancer, diabetes, or similar illnesses?**
7. **List of Medication(s) and Pharmacy Used**
8. **Need for adaptive devices such as a cane or hearing aid**
9. **Religious Beliefs that might influence your loved one’s feelings about blood transfusions or other medical interventions.**
10. **Emergency Contact Information**
11. **Insurance Information**
12. **Previous Surgeries and Dates**
13. **Lifestyle Information: Use of cigarettes, alcohol, exercise or diet. .**

**By being prepared when the unexpected happens, you’ll be in a much better position to give medical information when an emergency arises. It can save precious time and help medical professionals in the event your loved one isn’t able to provide this information.**

**You can also go to the Meridian At Home [“Resources and Tips”](#) section on the website to print out several documents and forms centered around “Caregiver Organization”. These documents include questions regarding financial, legal, medical, insurance, final wishes, and document location information.**

If you have any questions about your health, or the continued health of your loved ones, contact us. Meridian At Home Advisors specialize in listening to your health care concerns and identifying the services and technologies that will allow you or a person close to you to continue to lead a healthy, independent life at home. Our advisors will gladly arrange for a registered nurse to conduct a free, in-home

consultative assessment. Call us toll-free at 1-800-894-6885. You can also click on [Connect with Meridian At Home](#) to have one of our advisors contact you at a convenient time. Meridian At Home, Where you want to be.