

Care Alert

Information about your Care Alert Kit

Care Alert Kits are a good way to store all your important healthcare documents in one place. This makes it easy for carers, family members, substitute decision-makers, ambulance workers, or other health professionals to access your documentation.

We encourage you to bring your Care Alert Kit, or have it easily available in your home, if you are being admitted to hospital, attending a doctor's appointment, or being attended to in an emergency.

To make your care kit:

1. Print the attached cover page
2. Put the cover page into a satchel or folder, such as this one – you can buy these at Officeworks – or simply use a large envelope or ziplock bag.
3. Place originals or copies of the following documents into the folder:



- Enduring Power of Attorney form (available from: <https://www.legalaid.tas.gov.au/factsheets/enduring-power-of-attorney/>)
- Advanced Care Directive form (available from: https://www.health.tas.gov.au/palliativecare/advance_care_planning_for_healthy_dying/advanced_care_directive_information_sheet).
- Medical Goals of Care form (available from: <https://www.health.tas.gov.au/health-topics/palliative-care/palliative-care-information-health-professionals/medical-goals-care-plan>)

You may also choose to store other important healthcare information such as:

- Your doctor's name and contact details
- Names and contact details of other healthcare providers
- A list of your medications
- Information about any alerts and allergies
- Treatment plans, such as a Palliative Care Plan or Acute Resuscitation Plan

This resource is based on an initiative by Wide Bay Hospital and Health Service.

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Care Alert Kit

THIS CARE ALERT KIT BELONGS TO:

Contents (tick all that apply):

- Enduring Power of Attorney form
- Advance Care Directive form
- Medical Goal of Care form
- Your doctor's name and contact details
- Names and contact details of other healthcare providers
- A list of your medications
- Information about any alerts and allergies
- Treatment plans, such as a Palliative Care Plan or Acute Resuscitation Plan
- Scans, referral letters, appointment booklet or anything else related to your healthcare
- Your emergency contact details
- Other: _____
- Other: _____
- Other: _____
- Other: _____



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