



Care alert kits



A care alert kit is a good place for you to keep your health info.



It makes it easy for your support people to get info about your health needs.



You should bring your care alert kit if you

- Go to hospital
- Go to the doctor.

How to make a care alert kit



This page tells you how to make a care alert kit.



Print the cover page that tells people

- Your name
- What is inside your care alert kit.



Put the cover page in the front of a folder you own.

This is to help you remember everything you need in your care alert kit.



Put your important health info in the folder.

What is important health info



Important health info might be forms.

We will talk about some types of forms that you might have in your folder.



An **enduring power of attorney** form is a legal form that says who can make big decisions for you if you can not.



An **advanced care directive** form says what you want at the end of your life if you can not make decisions.



A **medical goals of care** form says how the hospital staff can help you.

Other important health info might be



- The names of health staff who help you like your doctor



- A list of medication you take



- Info about any allergies you have

Allergies means you get sick from things like some foods or medications.



- Any treatment plans you have.

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