EMERGENCIES & PLANNING

Emergency information sheet

The essentials paramedics and hospital staff ask for first. Keep it on the fridge or by the front door, and a copy in a handbag or wallet.

In an emergency, call 000

Ask for an ambulance. Tell them about this sheet and where to find it.

FULL NAME

DATE OF BIRTH

ADDRESS

MEDICARE NUMBER

OTHER CARD (CONCESSION / DVA / HEALTH FUND)

PREFERRED LANGUAGE / INTERPRETER NEEDED

LIVES ALONE? PETS OR DEPENDANTS NEEDING CARE

Health

MEDICAL CONDITIONS

ALLERGIES AND REACTIONS

BLOOD THINNERS, INSULIN OR OTHER CRITICAL MEDICINES

COMMUNICATION, HEARING, VISION OR MEMORY NEEDS

MOBILITY AIDS, DEVICES OR IMPLANTS (E.G. PACEMAKER)

MEDICATION LIST KEPT AT

GP NAME AND PHONE

Emergency contacts

NAME	RELATIONSHIP	PHONE	ALTERNATIVE PHONE

Plans and wishes

ADVANCE CARE DIRECTIVE KEPT AT

SUBSTITUTE DECISION-MAKER AND PHONE

SPARE KEY HELD BY

General information only, not medical, legal or financial advice.