

CAREGIVER PREP CHECKLIST

Before the next ER visit: 3 questions to ask

An ER visit is not the moment to scramble. Fill these in once keep the page on the fridge or in the go-bag so anyone walking in with your loved one can hand the team what they actually need: the patient's priorities, the medicines they're taking, and who can be called if a decision has to be made.

QUESTION 01

What does my loved one want the team to know right now?

Write one sentence in the patient's voice about priorities comfort, function, time at home, specific fears. This anchors the team to the values that matter today.

QUESTION 02

What medicines and doses are they actually taking?

Include over-the-counter drugs, supplements, and anything changed or stopped in the last 30 days. When in doubt, bring every bottle the team can sort faster than you can remember.

QUESTION 03

Who can the team call if a decision needs to be made?

Healthcare proxy name, relationship to the patient, and the best phone number for right now. Add one backup contact in case the proxy can't be reached in the first hour.
