

References and Tips for Emergency Contact/Health Information Form

- Get started. Fill in the information you have now -- don't put it off just because you are missing some information. Some items may require more time or making decisions that require more information.
- Use it as a checklist. Even if the forms or the magnetic pouch is not exactly right for you, use it as a tool to gather your information together and identify gaps that could be significant if you have a health or medical emergency. There are many other ways to organize this information; we'd be glad to share ideas with you that have worked for others.
- Don't hesitate to contact us. Let us know if you need help to get started or if you need assistance in obtaining any of the information referenced below.
- **Advance Directives** are documents developed for use in a process of planning for future medical care in case you are unable to make your own decisions. These are used to ensure that you receive the kind of care you want, whatever your age. Helpful links for background information and forms:
 1. **"Who Will Speak for You?"** NYS Department of Health [www.health.ny.gov] at http://www.health.ny.gov/professionals/patients/health_care_proxy/index.htm
 - a. **Health Care Proxy** [2-page form]: "Appointing Your Health Care Agent in New York State"
Go to: <http://www.health.ny.gov/forms/doh-1430.pdf>
includes FAQs and guidelines for completing the form
 - b. **Nonhospital Order Not To Resuscitate (DNR Order)** [1-page form]
Go to: <http://www.health.ny.gov/forms/doh-3474.pdf>
 - c. **Medical Orders for Life Sustaining Treatment (MOLST)** [4-page form]
Go to: http://www.health.ny.gov/professionals/patients/patient_rights/molst/
 2. For guidance about **Living Wills**, clarifying your values and beliefs, discussing and conveying your wishes about medical care:
 - a. Advance Care Planning (*for New York residents*):
http://www.compassionandsupport.org/pdfs/about/advance_care_planning.pdf
 - b. "Five Wishes" from Aging With Dignity <http://www.agingwithdignity.org/five-wishes.php>
- **Emergency Preparedness** guides for various types of emergencies are available from the American Red Cross in Greater NY and the NYC Office of Emergency Management. The following are specifically for seniors and people with disabilities:
 1. "Disaster Safety and Preparedness Guide for Seniors and People with Disabilities"
www.nyredcross.org/?nd=disaster_safety_guide_for_seniors_and_people_with_disabilities
 2. "Ready New York: Guide for Seniors and People with Disabilities"
www.nyc.gov/html/oem/html/ready/seniors_guide.shtml [Call 311 for an audio copy.]
 3. "Emergency Safety Review"- link to a 2-page summary from a BAiP panel (4/30/2009) at <http://bloominplace.org/resource/emergency-safety-review>