


Name _____ 

About Me

Last updated:

_____ month day year

Give this sheet to the nurse.

I like to be called _____

This caregiver knows me best _____

My address is _____

I have a ready-to-go bag. Yes No

My bag has important information about me. It has items I need.

I am registered with the MedicAlert® Safely Home® program.

Yes No

My ID number is _____.

My information can be accessed by calling Hotline 1-800-407-7717

My doctor says that I have dementia or Alzheimer's disease.

I get confused easily, and I can't always remember things.

I might feel overwhelmed, worried, or upset. **What helps me?**

I might feel restless, agitated, or panicky. **What helps me?**

I have problems describing my medical history. **Who can help you?**

I might ask the same question again and again. **What helps me?**

I might walk away. **What can help you and me?**

Older Adult Alert!

These things may be hard for me:

- ▶ being in a noisy waiting room
- ▶ lying in bed for a long time
- ▶ using a call button
- ▶ being alone
- ▶ any medical devices placed on me

Older Adult Alert!

When I am sick, and there is a change in what I can do, consider:

- ▶ delirium
- ▶ untreated pain
- ▶ effects of medication
- ▶ a new medical problem
- ▶ an unrecognized infection

What can help me be my best?

Not being alone ▪ Being with the caregiver who knows me best ▪ Having a quiet place to wait ▪ Sitting in a comfortable chair ▪ Having a blanket ▪ Taking care of my basic needs ▪ Reassuring me ▪ Including me

Before I came to the emergency department, I could do these things.

Before I was sick: Talking

Items with checkmarks (✓) apply to me. 

- I talk easily.
- I don't talk very much.
- I don't understand English well. I understand this language: _____
Who can help you? _____
- I don't hear very well. Look at me when you talk to me.

Before I was sick: Getting around

- I can walk by myself.
- I can get around on my own. I use: a cane a walker a wheelchair
- I like to have someone's arm for help.

Before I was sick: Using the bathroom

- I need help: getting to the bathroom using the bathroom
- I use incontinence products:
 pads pull ons adult briefs (like Attends®, Depend®, TENA®)

More →

Before I was sick: Eating and Drinking

- I can eat and drink on my own.
- I choke easily.
- I need to use a straw.
- I need help to set up my food.
- I need reminders to keep eating.
- I need help holding a glass.
- I need someone to feed me.
- I need thickened liquids.
- I do not know when I am thirsty. Remind me to drink.
- I have a special diet:

Before I was sick: Hearing and Vision

- I wear glasses.
- I have hearing aid(s): RT LT
- I am not able to hear.
- I am legally blind.
- Ask my caregiver to check my hearing aid batteries.