



Call/Text Dave
508-965-0989



carepatrolplymouth.com



CARE *Patrol*™

Your Partner In Senior Care Solutions

Senior In Home Care Emergency Binder



Professional Caregiver
Organization System

Real-world guidance, emergency planning,
and practical tools for families.

Referral Source Edition



Emergency
Planning



Understanding
Dementia



Caregiver
Support



Safety &
Crisis
Planning



On-Premise
Logs



Forms &
Checklists

Practical help. Real solutions. Peace of mind.



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How to Use This Binder

A practical system for families and referral sources

This binder is designed to help families keep essential care information in one place. Some pages are fillable for typing on a computer. Pages labeled PRINT & KEEP IN THE HOME are meant to be printed and updated by hand on premises.

Referral source notes / family situation

Important next steps

File of Life Emergency Instructions

For EMS use more than family use

Get a File of Life emergency magnet, fill out the card, and attach it to the refrigerator door. Include MOLST, DNR, and any advance directives. EMS is trained to look for File of Life information on the refrigerator. File of Life is primarily for EMS use

Simple steps

- Get a File of Life magnet
- Fill out the card clearly
- Include key emergency documents
- Attach it to the refrigerator
- Review and update regularly

How to get one

You can get a File of Life magnetic envelope on Amazon for a fee or possibly from your local COA, Sheriff's Office, or pharmacy for free.

Notes

Emergency Information

Keep on refrigerator in file of life

Print and place in a visible location for emergency responders and family members. Review every 90 days and replace this sheet when information changes.

PERSONAL INFORMATION

Full Name:

Date of Birth:

Age:

Phone:

DIAGNOSES

ALLERGIES

CURRENT MEDICATIONS

EMERGENCY CONTACTS

Resident / Loved One Information

Daily profile and preferences

Preferred name:

Date of birth:

Address:

Primary language:

Preferred hospital:

Pharmacy:

What helps them feel calm or safe?

Important routines, preferences, triggers, or dislikes

Healthcare Proxy, POA & Legal Contacts

Keep this information up to date

Healthcare Proxy

Name:

Phone:

Power of Attorney

Name:

Phone:

Attorney

Name:

Phone:

Accountant / Financial Advisor

Name:

Phone:

HIPAA release status

- All contacts listed above
- Only HCP listed above
- Other / specify
- Do not release

Copies kept in binder / on premises

- HCP copy included
- POA copy included
- HIPAA release copy included
- DNR/MOLST included

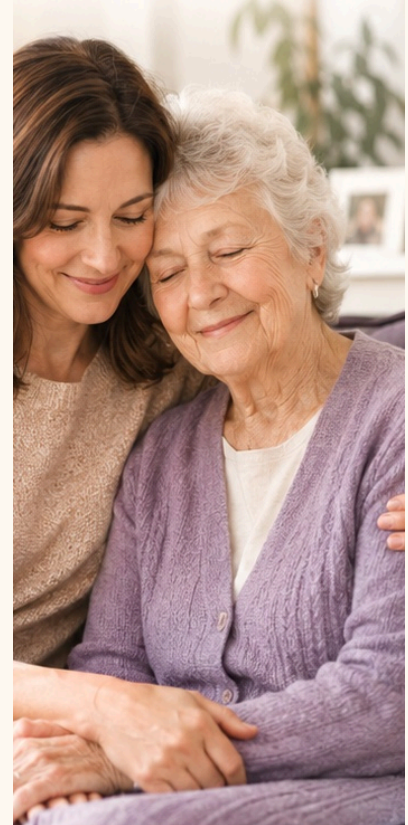
Where originals are kept:

Medical & Medications

Health information used every day

THIS SECTION INCLUDES:

- ✓ Dementia profile
- ✓ Diagnosis, illness, and hospital
- ✓ Medication and hydration
- ✓ Doctors, pharmacy, and hospital
- ✓ UTI and sudden confusion



These pages help families stay organized, notice changes, and share important information with the care team. Keep printed on-premise logs in the home where family and caregivers can find them.

Dementia Profile

Understanding dementia and daily function

Type of dementia - check all that apply

- | | | |
|--------------------------------------|--------------------------------------|---|
| <input type="checkbox"/> Alzheimer's | <input type="checkbox"/> Vascular | <input type="checkbox"/> Lewy body |
| <input type="checkbox"/> Mixed | <input type="checkbox"/> Parkinson's | <input type="checkbox"/> Frontotemporal |
| <input type="checkbox"/> Delirium | <input type="checkbox"/> Unspecified | <input type="checkbox"/> MCI |

Severity

- Mild
- Moderate
- Advanced

Memory recall

- Short-term difficulty
- Long-term difficulty
- Recognizes family
- Does not recognize family

Area	No problems	Minimal	Moderate	Major
Judgment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Follows directions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Social ability	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Behavior notes

Diagnosis, Illnesses & Hospital

Key medical history

Primary diagnosis:

Other diagnoses:

Allergies:

Preferred hospital:

Hospital phone:

Primary specialist:

Recent hospitalizations, rehab stays, or major medical changes

Questions for doctor or discharge team

Medication & Hydration

Medication list and daily support

Medication	Dose	Time	Purpose	Prescriber	Notes

Hydration matters

Staying hydrated supports energy, thinking clearly, and overall well-being. Encourage fluids throughout the day unless a healthcare provider says otherwise.

Keep it current

- Add new medications
- Update doses or times
- Remove discontinued medications
- Share updates with caregivers

Medication notes

Doctors, Pharmacy & Hospital

Care team contacts

Provider / Facility	Role	Phone	Address	Notes

UTI & Sudden Confusion

When behavior changes suddenly

A sudden change in confusion, agitation, falls, or behavior is often caused by something treatable - commonly a urinary tract infection (UTI) or another medical issue. Seek medical evaluation when changes are sudden or concerning.

Warning signs to watch for

- Sudden confusion
- Increased agitation
- Falls or unsteadiness
- Hallucinations
- Weakness or fatigue
- Burning or frequency
- Fever or chills
- Stroke-like symptoms

When to call for help

Seek medical evaluation right away for sudden thinking or behavior changes, fever, appetite/fluid refusal, trouble walking/talking, or any new/worsening symptoms.

If your loved one goes to the emergency room and is diagnosed with a UTI, contact Dave at CarePatrol for help thinking through safer living options. carepatrolplymouth.com

Insurance, Medicare & Medicaid

Benefit information

Medicare number

Medicaid number

Health insurance company

Policy / member number

Prescription plan

Plan number / BIN / PCN

Long-term care insurance

Policy number / phone

Insurance notes, prior authorizations, case managers, or billing contacts

Important document locations or copies included

Financial Account Summary

Security note: store carefully

You may choose to list only institution names and advisor contacts, not full account numbers, unless the binder is stored securely.

Institution	Account Type	Last 4 Digits	Contact / Phone	Notes

Attorney, Accountant, Advisor Contacts

Professional contacts

Name / Firm	Role	Phone	Email / Notes

Legal, tax, estate, trust, benefits, or document notes



Daily Logs & On-Premise Notes

Printable logs and notes kept in the home for family and caregiver use.

Consistent notes help everyone stay informed, organized, and better prepared to support your loved one—day after day.



THIS SECTION INCLUDES:



Caregiver Shift Log



Daily Care Notes



Nutrition, Hydration,
and Bathroom Log



Behavior / Confusion /
Wandering Log

*Small notes today
make a big difference tomorrow.*



On-Premise Daily Care Notes

PRINTABLE NOTES PAGE - KEEP IN THE HOME

Morning Update

Sleep, energy, check-in

Meals & Hydration

Meals, fluids, appetite

Mood & Behavior

Mood, activities, social interaction

Medications & Routines

Meds, routines, therapies

Important Follow-Up Notes

Questions or concerns to share



Safety & Crisis Planning

Gentle guidance for the moments that matter most.

These pages help families notice risks early, create simple plans, and know when more support may be needed—so your loved one stays as safe and supported as possible.



This Section Includes:

- 
Wandering & Exit-Seeking Safety Plan
Page 21

- 
Fall History & Safety Concerns
Page 22

- 
Hospital Transfer Checklist
Page 23

- 
Caregiver Trust & Safety Notes
Page 24

— Preparing today brings comfort tomorrow.



Wandering & Exit-Seeking Safety Plan

Reduce risk and prepare calmly

- Has wandered before
- Gets confused at night
- Needs ID bracelet or labels
- Tries doors or windows
- Leaves when upset
- Neighbor should be alerted

Known triggers or times of day

Safety steps that help

Who should be called if missing or unsafe

What Happens If You Have an Emergency?

Caregiver emergency backup plan

Use this plan to make sure someone you trust can step in quickly and confidently if you are unavailable.

Primary backup person

Secondary backup person

Medication location

Important keys / access info

Hospital preference

Pets / home needs

If you need a safer living plan, contact Dave at carepatrolplymouth.com.

Fall History & Safety Concerns

Track risk and patterns

Date	What Happened	Injury?	Where	Follow-Up

- New or increased falls
- Uses walker / cane
- Poor lighting
- Bathroom risk
- Medication dizziness
- Needs supervision

Questions for doctor, PT, OT, or family

Hospital Transfer Checklist

What to bring and ask

- | | |
|--|--|
| <input type="checkbox"/> Current medication list | <input type="checkbox"/> Insurance cards |
| <input type="checkbox"/> Healthcare proxy / POA | <input type="checkbox"/> MOLST / DNR / advance directive |
| <input type="checkbox"/> Glasses / hearing aids / dentures | <input type="checkbox"/> Phone charger |
| <input type="checkbox"/> Comfort item | <input type="checkbox"/> Change of clothes |
| <input type="checkbox"/> Recent symptoms written down | <input type="checkbox"/> Questions for discharge team |

Discharge instructions / follow-up appointments

What changed after the hospital visit?

Caregiver Burnout Self-Check

Know when support is needed

- | | |
|--|--|
| <input type="checkbox"/> Feeling exhausted most days | <input type="checkbox"/> Sleeping poorly |
| <input type="checkbox"/> Missing work or obligations | <input type="checkbox"/> Feeling resentful or guilty |
| <input type="checkbox"/> No time for your own health | <input type="checkbox"/> Frequent crisis calls |
| <input type="checkbox"/> Family conflict increasing | <input type="checkbox"/> Care needs feel unsafe |

With two or more of these issues, please call or contact Dave:

carepatrolplymouth.com

Important Document Checklist

Keep originals in a labeled on-premise file folder

- | | |
|---|--|
| <input type="checkbox"/> Healthcare Proxy | <input type="checkbox"/> Power of Attorney |
| <input type="checkbox"/> HIPAA release | <input type="checkbox"/> MOLST |
| <input type="checkbox"/> DNR order | <input type="checkbox"/> Advance directives |
| <input type="checkbox"/> Insurance cards | <input type="checkbox"/> Medicare / Medicaid cards |
| <input type="checkbox"/> Birth certificate | <input type="checkbox"/> Marriage certificate |
| <input type="checkbox"/> Veteran papers | <input type="checkbox"/> Funeral wishes |
| <input type="checkbox"/> Will / trust | <input type="checkbox"/> Deed / mortgage info |
| <input type="checkbox"/> Safe / lockbox information | |

Location of document folder on premises

When It May Be Time To Ask For Help

Safety, supervision, and caregiver stress

- Frequent falls or ER visits
- Medication mistakes
- Caregiver burnout
- Increasing confusion or agitation
- Wandering or exit-seeking
- Poor nutrition or hydration
- Unsafe alone at night
- Family cannot cover care schedule

Call Dave with concerns on these issues:

carepatrolplymouth.com

Family notes or concerns

Caregiver Trust & Safety Notes

Who can help, who should be called

Trusted neighbors, relatives, or nearby helpers

People who should NOT be given access without permission

Safety concerns to discuss with Dave or care team



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Your Partner In Senior Care Solutions

Call/Text Dave
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Free Local Senior Care Guidance

Compassionate help. Trusted guidance.
Right here in your community.

If you are worried about safety, frequent ER visits, wandering, caregiver burnout, or whether it may be time for more support, **call Dave.**



Dave Hood
508-965-0989



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carepatrolplymouth.com



You don't have to figure this out alone.
Local. Trusted. Experienced.

We're here to help.

Dave Can Help You With:



Assisted Living Guidance

Find the right level of care and the right fit.



Memory Care Guidance

Specialized support for those living with memory loss.



Local Options

Explore trusted communities near you.



Family Support

We're here to listen, answer questions, and help every step of the way.



We're here to help every step of the way.
Local. Trusted. Experienced.



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Master Notes

General notes

Notes

Additional Notes

Questions, family conversations, next steps

Notes