

Preparing for Future Emergencies:

A Checklist

- ❑ **About My Health tool:** Don't forget to bring the tool with you — it has a lot of important information that will be helpful for the doctor.
- ❑ **Identification or health card:** The hospital will need to know your name, address, how old you are and where you live.
- ❑ **Crisis plan:** If you already have a crisis plan, bring this with you to the hospital. This will have information that you can give to the hospital staff that will tell them how they can help you in an emergency.
 - If you don't have a crisis plan, you can still tell the hospital about ways that they can help you. You can also tell them things you do NOT like, or what you are afraid of. The hospital might not remember to ask you this, so it is important that you remember to tell them.
- ❑ **List of medications:** What medications are you taking and how much of it? You can print this off from your pharmacist. Or, if you get ODSP money, let the hospital know. They can then look up your list of medications in the computer.
- ❑ **Name of your family doctor:** Write down the name of your family doctor and anyone else that helps you.
- ❑ **List of all your health problems:** This information will help the doctors understand what is wrong and how to make you feel better.
- ❑ **Food and drink:** You may have to wait for a very long time. Take your favourite food and a drink so you can eat it if you get hungry.
- ❑ **Activities to do while you wait:** You may have to wait for a very long time, take activities to keep you comfortable while you wait (your favourite music, pictures, books).
- ❑ **Comforters:** Bring something that makes you feel safe and comfortable. Things like a favourite blanket, shoes, stuffed animal, etc.



Check out the **Tools and Tips for Health Care Visits** in this section for examples of what you can bring to a hospital or medical appointment.

