

Your Caregiver Command Center

One calm place to keep everything — so you can keep giving.

Fill in pages 1–2 and keep them on the fridge or in the car. Bring them to every appointment and every emergency-room visit. Print extra copies of the Today box and the Care Log as often as you need.

IN A CRISIS

911 Emergency

988 Suicide & Crisis Lifeline (call/text)

1-800-222-1222 Poison Control

2-1-1 Non-medical urgent help

SECTION 1

About My Loved One

The facts an ER nurse or new doctor asks first. Keep a copy with the medication list.

FULL NAME	DATE OF BIRTH
PRIMARY DIAGNOSES	ALLERGIES (DRUG / FOOD / LATEX)
MEDICARE / INSURANCE ID	SECONDARY INSURANCE / MEDICAID
PRIMARY DOCTOR & PHONE	PREFERRED HOSPITAL
HEALTH-CARE AGENT / POA & PHONE	ADVANCE DIRECTIVE / POLST KEPT AT
HEARING, VISION, MOBILITY, OR MEMORY NEEDS	CODE STATUS / DNR

SECTION 2

Today

DATE	ONE RESTORING THING FOR ME
MUST HAPPEN TODAY	You can't pour from an empty cup. This counts as much as the rest.
☐	NOTES / CALLS TO RETURN
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SECTION 3

Key Contacts

Everyone you might need fast — doctors, specialists, pharmacy, home-health agency, aides, family, care coordinator.

Name	Role	Phone	Notes (portal login hint, best time to call)

SECTION 4

Medications

Include vitamins, supplements, inhalers, and over-the-counter drugs. Update after every visit. Last updated: _____

Medication	Dose	When	What it's for	Prescriber / Pharmacy

SECTION 5

Appointments

What's coming up — and the questions you don't want to forget to ask.

Date / Time	With / Where	Questions to ask	Follow-up / next steps

SECTION 6

Care Log

Symptoms, changes, falls, calls, decisions. Small notes help you spot patterns and answer a doctor's questions with confidence.

Date	What happened / what I noticed	Who I told

Restore

Mind Caring for yourself so you can keep giving: rest, honesty, and one small daily habit that steadies you. <i>This week: name one feeling out loud, and pick one person you can call on a hard night.</i>	Financial Getting your footing: benefits, care costs, and knowing where to turn in a crunch. <i>This week: list monthly care costs. Before taking paid work while on SSI/SSDI, call WIPA first.</i>
Growth Becoming confident in the role: better questions, one new care skill, a routine that holds. <i>This week: write questions before the next appointment and find your loved one's care coordinator.</i>	Belonging You were never meant to do this alone. Find your people and let others help. <i>This week: try one support group, in person or online, and hand one real task to someone who offered.</i>

Helpful Numbers

988	Suicide & Crisis Lifeline — for you, too. Call or text, 24/7.
1-800-677-1116	Eldercare Locator — local aging services anywhere in the U.S.
1-800-753-8827	PA Link to Aging & Disability Resources
412-350-5460	Allegheny County SeniorLine (Area Agency on Aging)
1-800-633-4227	Medicare (1-800-MEDICARE) — coverage, claims, plan questions
1-866-968-7842	WIPA / Ticket to Work Help Line — benefits counseling before earned income
1-800-272-3900	Alzheimer's Association 24/7 Helpline — dementia care questions
1-855-260-3274	VA Caregiver Support Line — caring for a Veteran

A Note to Myself