

# Introducing the **PERSONAL MEDICAL INFORMATION KIT**

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York Region Paramedic Services has launched a useful new resource for those who manage multiple health concerns. The Personal Medical Information Kit is now available and will be distributed through a targeted rollout strategy focusing on the needs of seniors across York Region.

The initiative has been created with the information that's most relevant to what paramedics need to access when responding to a 911 call. Being prepared for paramedic arrival helps contribute to a fast assessment process and can help paramedics determine the best treatment options for your care. The kit is an easy way to manage health information, including copies of documentation, medical history, pre-existing conditions and medications. It is designed to be stored on your fridge for easy access and visibility by paramedics or other emergency services.

As part of the distribution strategy, we are offering information sessions that answer questions about how to complete the information kit and how to prepare your home for paramedic arrival. The session also addresses common misconceptions about the emergency response process.

This session will be offered Wednesday September 26, 2018, 6 p.m. to 7 p.m. during Active Aging Week. Sign up at the Recreation Centre in September. If you are unable to attend, York Region Paramedic Services will have a booth set up in the lobby during Active Aging Week where you can pick up your kit and address any questions or concerns you may have.