



ICE KIT

IN CASE OF EMERGENCY

Important information for the person I care for—
so help can be provided quickly and safely.



PREPARE TODAY. PROTECT TOMORROW. YOU ARE NOT ALONE.



PERSONAL INFORMATION

Full Legal Name: _____

Date of Birth: _____

Home Address: _____

Phone Number: _____

Primary Language: _____

Photo (optional): _____



MEDICAL INFORMATION

Primary Physician: _____

Physician Phone Number: _____

Medical Conditions / Diagnoses: _____

Allergies (medication, food, other): _____

Past Surgeries / Hospitalizations: _____



CURRENT MEDICATIONS

Medication Name	Dosage	How Often	Reason

Pharmacy Name: _____

Pharmacy Phone Number: _____



EMERGENCY CONTACTS

Primary Contact Name: _____

Relationship: _____

Phone Number: _____

Secondary Contact Name: _____

Relationship: _____

Phone Number: _____

Healthcare Proxy / Decision-Maker: _____

Relationship: _____

Phone Number: _____



LEGAL DOCUMENTS

- ☐ Healthcare Proxy
- ☐ Living Will
- ☐ Advance Directive
- ☐ Five Wishes
- ☐ Power of Attorney
- ☐ DNR Order (Do Not Resuscitate)

Location of Documents: _____



DAILY LIVING INFORMATION

☐ Mobility Assistance

Home Care Agency (if applicable): _____

☐ Hearing Impairment

☐ Vision Impairment

☐ Communication Needs

☐ Special Diet

☐ Medical Equipment Used

Caregiver / Aide Schedule: _____



ADDITIONAL INFORMATION

Veterinarian Name (if pets in the home): _____

Phone Number: _____

Home Alarm / Lockbox Code (if applicable): _____

Other Important Information: _____

WHERE TO KEEP THIS ICE KIT

- Keep this ICE Kit in a clearly labeled folder or envelope.
- Place it on or inside the refrigerator door or in a common, easily accessible location.
- Make sure anyone who might need it knows where to find it.



Thank you for caring.



This ICE Kit is a gift of love and preparation.
Peace of mind today. Protection tomorrow.

Review and update this information every
6 months or whenever changes occur.



Caring for the Caregiver • My Age In Place Advocate
Supporting caregivers. Empowering families. Strengthening communities.