

Caregiver Checklist: Medical Forms

If you care for an aging or sick parent, do not leave home without these 5 items. You never know when a medical emergency might arise and you want to be prepared to make smart, timely decisions. These 5 items will ensure your family member receives the best care possible based on any existing medical conditions and based on their personal wishes for treatment.

*Pro Tip: Keep a copy of these documents at home, in your glove compartment, at your parent's residence, and in your office.

<p>✓ Health Insurance Card(s)</p> <p>Pro Tip: Scan a copy of the card (front and back) into your smartphone.</p>	<p>It doesn't matter how many times you've visited the doctor's office or the hospital, you may be required to show the insurance card at each appointment. If your parent has primary and secondary insurance (ex. private and Medicare) bring all of the cards.</p>
<p>✓ List of Medications</p> <p>Pro Tip: Keep a list of your own meds with you too at all times in case you need to stay with your parent overnight.</p>	<p>Do not rely on the office or hospital to have this list available. Keep a copy in your wallet and on your smartphone. Medical staff need to know what medications have already been prescribed before they prescribe new treatments.</p>
<p>✓ Healthcare Proxy</p> <p>Pro Tip: This form can be changed at any time as long as two adults witness the signing.</p>	<p>Without this document you cannot speak for your parent and make medical decisions, assuming they cannot.</p> <p>You can ask the medical staff to provide the form if you do not have it.</p>
<p>✓ Advanced Healthcare Directive</p> <p>Pro Tip: If your parent is very ill, consider posting this form above their bed so medical professionals see it during an emergency.</p>	<p>More detailed than a Do Not Resuscitate (DNR), the advanced directive, referred to as a Medical Orders for Scope of Treatment (MOST) or Physicians Order for Life Sustaining Treatment (POLST), details a patients medical preferences regarding CPR, intubation, hospitalization, etc.</p>
<p>✓ Power of Attorney (if applicable)</p> <p>Pro Tip: Keep this form together with a doctor's statement regarding your parent's state of sound mind.</p>	<p>A Power of Attorney gives you legal authority to take legal and financial actions on behalf of your parent. Consult with an attorney regarding laws and regulations.</p>

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