AGING WELL
CARE NAVIGATION LTD.

Your Care Information Checklist

Emergency Information at a Glance

A practical place to gather key details, care wishes and contacts for yourself or someone you support.

Type into the fields or print and complete by hand. Save your completed copy.

Name

Date of birth

Last reviewed / updated (date)

Reviewed by (name / relationship)

01 Allergies & urgent information

Allergies / sensitivities and reactions (or write none known / unknown)

Key conditions, medical devices or other urgent details

02 Emergency contacts & care wishes

First contact: name, relationship and phone number

Alternate contact: name, relationship and phone number

Agent named in personal directive: name and phone number (if applicable)

Care planning documents are kept:

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Medications & Health History

Include prescriptions, over-the-counter medicines, vitamins and supplements. Use another copy of this page if needed.

Name

Last reviewed / updated

03 Current medications, vitamins & supplements

Medication / supplement	Dose	When / how often	Purpose (if known)

Pharmacy name and phone number

04 Health history

Significant conditions, surgeries, hospital stays and devices (include dates if known)

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Your Preferences & Practical Details

Your comfort, communication needs and priorities are an important part of your care.

Name

Last reviewed / updated

05 What matters to you

Concerns, care preferences, comfort needs or cultural / spiritual considerations

Communication and support needs (e.g., language, hearing aids, glasses, mobility)

06 Family health history

Relevant family health information, if known (condition and relationship)

07 Health & insurance information

Health card / insurance details, or where these can be found

Blood type, only if confirmed (optional)

Primary healthcare provider / phone

Using your checklist: Mark unknown items clearly. Review after changes and date each page so care teams can see how current it is. Keep completed copies private and accessible to trusted supports. This checklist does not replace a personal directive or other care planning documents.

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