

Start now by preparing your personal medical information:



Name: _____

Address: _____



Date of Birth: _____

Phone #: _____

Cell #: _____

Height/Weight: _____

Allergies/Reactions: _____

Blood Type: _____

Medical Conditions/Cautions: _____

Medications/dosages: _____

Assistive Devices & Dentures: _____

Emergency Contacts: _____

Physicians & phone #'s: _____

Advance Directives/location: _____

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Tip: Do this on a computer if possible. It will be more legible and easier to update as changes occur.



As a senior – especially if living alone – you may face one or more acute problems in emergency medical situations. You...

- may not be able to reach or use a phone to call 911;
- may not be able to open the door for first responders;
- may not be able to provide medical information essential for prompt medical treatment.

There are solutions to these problems!



FACT There are about 41,000 seniors residing in Okaloosa and Walton Counties (not including seasonal visitors). Of these, about 11,000 (some 27%) live alone, and hence must cope by themselves with medical emergencies.

ISP

Institute for Senior Professionals

Northwest Florida State College

“Help! I need to call 911, but can’t reach the phone!”

Seniors: How you can plan for Personal Emergencies – choices you and your family can make now that may save your life.



Provided courtesy of the Institute for Senior Professionals of Northwest Florida State College, with the advice and contributions of the Okaloosa County Department of Public Safety. While the following is focused on the college’s service area of Okaloosa and Walton Counties, the advice herein is considered applicable to any senior, wherever located.

FACT In 2014, emergency medical units responded to nearly 30,000 calls in Okaloosa and Walton Counties. Of these, over 10,800 (about 36%) were for seniors over 65.

Seniors!

The precautions you take today may save your own life or the life of a loved one – perhaps sooner than you think!

Medical emergencies can occur at any age. However, as we age the need for advance planning for medical emergencies becomes increasingly urgent. For some, the importance of this does not strike home until a medical emergency actually occurs.

The great majority of seniors experiencing a medical crisis are able to call 911 by themselves or with the assistance of someone else at the scene. Seniors living alone, however, should consider preparing for the possibility that an event such as a fall, stroke or heart attack may make them unable to call 911 themselves.



A ready solution to this problem is wearing a small wireless medical alert device, which enables prompt two-way communication with a medical response center. Once alerted, the center would call 911 for you. The monthly cost of a subscription can be as low as \$20. Many companies offer this service, and are widely advertised. The most useful, however, operate through cell phone networks, incorporate GPS locating technology, and utilize US-based professional response centers.*



with the house key inside. Such lockboxes are widely available at reasonable cost.*

In Okaloosa County, your lockbox combination may be provided in advance and stored at the 911 office for secure transmission to first responders by calling **850-689-5606**. In North Walton County, call **850-892-8111** to leave special instructions for first responders; in South Walton County, call **850-267-1298**.

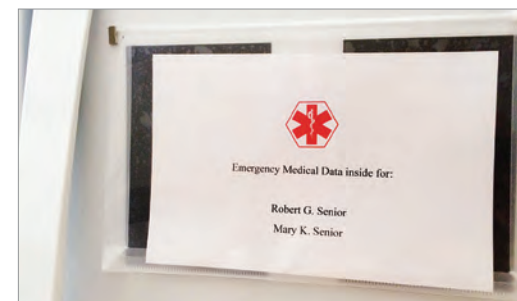
In addition, seniors should prepare and make easily available a copy of their medical information. Such information will facilitate prompt treatment by first responders, doctors and hospitals, and may prevent the administration of inappropriate medications or treatments. Medical information recommended for this purpose is shown on the reverse side of this brochure.

In the case of an incapacitating medical event, the senior may not be able to reach the door to admit first responders.

A solution to this situation is to install an electronic or combination four-digit lockbox, preferably affixed to or near the door,

First responders are trained to look for medical information in a marked envelope affixed to the refrigerator.

Some seniors insert additional relevant data in the envelope, such as personal contacts and advance directives. First responders would pass this information along to the receiving emergency room. This envelope may also be carried when traveling.



Seniors should also prepare a simple wallet card containing essential identification and medical data. Much information can easily be compressed onto a 2 ½ by 8 inch sheet of paper, then put in the senior's wallet, purse or glove box. Such data is instantly available to first responders and emergency rooms, whether at home or traveling.* (*See form on reverse*)

*For more information and greater detail on these solutions, see full report entitled "Seniors Alone: Planning for Personal Emergencies" at www.nwfsc.edu/ISP. Download and print the report or request a copy by calling **850-729-4998**.