

## Health Binder

A Health Binder is a helpful tool to organize your loved-ones most pertinent health care information into one convenient place. This binder needs to be kept up-to-date.

Consider keeping it accessible and bringing it to appointments. This will not only make it easier to keep records straight but will serve as a constant resource for crisis management.

- **Emergency info:** this should also be kept in an easily attainable place (like a top drawer in the kitchen or on the side of the refrigerator)
- **Illness summary** – a summary in layman’s terms that includes diagnosis, symptoms, meds, and any other relevant details. This a resource the caregiver uses to update other service providers and backup caregivers
- **Suppliers & Allies** – this is an easy-to-find contact list, ranging from doctors to the pharmacy, the cleaning lady to the care-provider organization
- **Doctor visitation form** – More often than not, the doctor’s visit is hazy for both the patient and the person accompanying. It is important to prepare and to write information down at the doctor’s office. There are questions that need to be asked and there are questions you want to ask. Prepare for the appointment!
- **Symptom journal** - This information can be hand-written, on shared computers, and there are even apps. It is important that it be easily accessible at the doctor’s appointment and when sharing information with the loved one and other caregivers.

### Important Information to be filed in this binder per illness (not per doctor):

- ✓ Visit summaries (filed according by date with most recent on top) – including prescriptions and recommended treatments
- ✓ All test results – inc. blood, x-rays, CT, etc
- ✓ If there are any visual symptoms or aids, photograph and file.
- ✓ Any relevant information for a new doctor or to help your medical team catch up fast.