

File of Life

Living independently for as long as possible is the goal of most seniors, probably including you. And you are the expert on your own medical care. But medical emergencies can happen anytime, often causing panic and confusion. First responders arrive and ask questions about medications, medical conditions and allergies. You may not be in a condition to answer questions and friends or family may not know the answers. Receiving swift and appropriate care is important to a successful outcome.

The File of Life is a small form that slips into a red magnetic pouch to secure to your refrigerator. The form, which you complete in advance, includes information such as your name, date of birth, medical conditions, allergies and medications. Doctors and emergency contact names and phone numbers are also listed. Insurance information and advanced directives can be included. When first responders arrive, all of your vital information is at their fingertips and valuable minutes are saved.

You can receive a File of Life at no charge from TR Aid. If you would like a File of Life, please contact Margaret Kenerly at 540-741-1864 or margaret.kenerly@mwhc.com.