

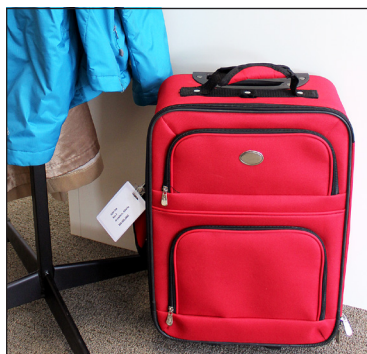
Name \_\_\_\_\_



### My Ready-to-Go Bag

Every year, many older adults go to the emergency department. In an emergency, everyone is in a hurry. It is easy to forget important things.

Are you an older adult or a caregiver? Plan ahead. Pack a ready-to-go bag for a future hospital visit. This should contain items needed by both the caregiver and older adult living with dementia.



Keep the bag handy—where you and ambulance attendants can find it easily.



### Waiting in the hospital

It is very busy in a hospital emergency department. Most patients have to wait in waiting rooms and in treatment rooms.



treatment room

Waiting is hard. Items in your bag can make a visit to emergency better.

**Checklist →**

## Items for the older adult with dementia

☐ set of clothes

☐ underwear   ☐ socks   ☐ slippers   ☐ pants   ☐ shirt

☐ adult pull ups

**Note:** A hospital will have adult briefs and pads, but it may not have pull ups.

☐ plastic bag to put wet clothes in

☐ tissues, wet wipes

☐ skin cream, lip balm

☐ snacks, bottled water, juice

**Note:** At the hospital, always check with a nurse before you give food, water, or juice to the older adult.

☐ bedside clock with large numbers (with batteries, not electric)

☐ MedicAlert® Safely Home® bracelet

☐ other: \_\_\_\_\_

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\_\_\_\_\_

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More ➔

## Items for the caregiver and family members

- ☐ snacks, bottled water, juice boxes
- ☐ list of people and their contact information who can come and help
- ☐ things to read or use while you wait
  - ☐ books, magazines, crosswords, games, cards
  - ☐ knitting
  - ☐ sketch book and pencils
- ☐ pad of paper to write down notes, questions, instructions
- ☐ money (change) for parking, vending machines, pay phones
- ☐ a copy of the older adult's advance directive
- ☐ health care card
- ☐ MedicAlert® Safely Home® ID number and Hotline number
- ☐ family physician contact information
- ☐ other: \_\_\_\_\_  
\_\_\_\_\_

## Items to give to nurses and doctors at the hospital

- ☐ older adult's advance directive, **My Wishes** tool, health benefit card, and family doctor's contact information.
- ☐ important information in these tools
  - ☐ **About Me** tool
  - ☐ **Who Knows Me Best** tool
  - ☐ **My Medications** tool
- ☐ other: \_\_\_\_\_  
\_\_\_\_\_

## Name tags and notes

- ☐ Put name tags on the ready-to-go bag and other important items. For example, a walker or wheelchair.
- ☐ You may not be home when the older adult goes to the hospital. So post a note near the ready-to-go bag and beside entrance doors.

The note tells ambulance attendants or other caregivers to take the bag to the hospital.

**DO NOT BRING JEWELLERY** and other irreplaceable items of value.



### More tools

Other tools in this series include:

- ▶ **Be Ready for an Emergency Hospital Visit**
- ▶ **About Me**
- ▶ **Who Knows Me Best**
- ▶ **My Medications**
- ▶ **My Wishes**
- ▶ **Plan Ahead for Going Home**

### Where to get help and information

Active in communities right across Canada, the Alzheimer Society provides information, support and education to people living with Alzheimer's disease and other dementias, their families and caregivers.

Call 1-800-616-8816 (toll free) or go to:  
**[www.alzheimer.ca](http://www.alzheimer.ca)**