

PREPARING FOR HEALTHCARE ENCOUNTERS

Need to Knows provide older adults and their families with important information to enhance their hospital or nursing home stays. Communication and teamwork are important aspects of high-quality healthcare. The individual, family, and caregivers are vital members of the team.

Things you should bring to any healthcare encounter or have available at all times:

- Medication list
- Names and phone numbers of all healthcare providers and their specialties
- Medical history including dates for all past surgeries and procedures
- Family phone numbers — home and cell
- Allergies or adverse reactions to medication, food, or the environment
- Advanced directives, such as power of attorney, living will, MOLST/POLST
- Insurance cards or information
- Pharmacy phone number and address

In addition, if you are staying in the hospital or nursing home, you may want to bring the following:

- Glasses
- Hearing aids
- Assistive devices, such as a walker or cane
- Dentures
- Toothbrush and toothpaste
- Comb/brush
- Notebook and pen
- Other items you feel would make you more comfortable (robe, slippers, etc.)
- Soothing entertainment items such as music, radio, books, magazines, or puzzle books

