

FILE OF LIFE

This is a quarterly informational blitz for those people with Special Needs in our communities. Topic for the April to June quarter is the **FILE OF LIFE**.

The **FILE OF LIFE** is a card that enables emergency responders to obtain a quick medical history when the patient is unable to offer one. "The card eliminates the risk of the patient, who, in a frightened state, may forget to mention something important," said Marilyn G. Ishler, Director of the South Hadley, Massachusetts Council On Aging.

The card, which is kept in a red plastic pocket labeled **FILE OF LIFE**, lists the patient's name, emergency medical contacts, insurance policy number, health problems, medications, dosages, allergies, recent surgeries, doctor's name and a health care proxy. The entire pocket is held, with a magnet to the outside of the refrigerator.

Anyone interested in obtaining File of Life cards should contact Emergency Management/Homeland Security, Young At Heart Senior Center, Rock Springs Fire Department or Fire District #1.

Anyone interested in more information should contact the Sweetwater County Emergency Management/Homeland Security office.

FILE OF LIFE

KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !

MEDICAL DATA REVIEWED AS OF _____ **MO.** _____ **YR.** _____

Name: _____ Sex: _____
M. F.

Address: _____

Doctor: _____ Phone #: _____

Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

Address: _____