



Record Keeping

Keeping track of your loved one's medical information can seem overwhelming, but there are helpful ways to organise yourself.

Medical Binder:

Creating a "medical binder" can be a useful way to organize all important medical related information in one location. It can be updated and added to as needed. Some potential tabs to have within the binder may include:

Basic Information

- Name and birth date
- Blood type
- Immunization record (e.g. vaccines)
- Additional health insurance information (policy name and number)

Medical History

- Diagnoses
- List of current medications
- Allergies
- Medical procedures (e.g. surgeries, etc.)
- Doctor's name, phone numbers and address
- Specialist names, phone numbers and addresses
- Dentist

Current Health Monitoring*

- Symptom management (e.g. pain, behaviours, sleep, swelling, mood, etc.)
- Number tracking such as recording blood sugar, blood pressure, bowel movements, etc.

*Monitoring can be done using templates available online, by creating your own templates using pen and paper, or even journaling.

Home Support

- Therapists and home health nurses

Emergency Contacts

Vital Documents

- Advance directives, medical power of attorney and DNR orders, if these documents exist for your family

Symptom Tracker Mobile Apps:

A number of mobile apps are available for download to your mobile phone or tablet that can help track symptoms for specific illnesses or conditions. Visit the app store on your phone or tablet to find and download apps. Go to your device's application store and search using key words related to your specific need. Some search examples include "pain tracker", "sleep tracker" or "blood sugar tracker".