TEMPLATE H

Master Contact Sheet and Fridge Contact Card

Master contact sheet

Category	Name	Phone	Notes
Family 1			
Family 2			
Neighbor with key			
Backup neighbor			
Primary doctor			
Pharmacy			Pill pack delivery day:
Home care agency			After-hours #:
Medical alert company			Account #:
Electric utility			Account #; medical registration?
Gas utility (emergency line)			
Water utility			
Electrician			
Plumber			
Heating company			Last service:
Handyman			
Snow and lawn			
Fire department non-emergency			Lockbox program?
Police non-emergency			
Area Agency on Aging		1-800-677-1116 (Eldercare Locator)	
Poison Help		1-800-222-1222	

Fridge contact card (large print, half a page, next to the File of Life)

> **IN AN EMERGENCY CALL 911** > > **Family:** _____ _____ > > **Family:** _____ _____ > > **Neighbor with key:** _____ _____ > > **Doctor:** _____ **Pharmacy:** _____ > > **Poison Help:** 1-800-222-1222 > > **Address of this home:** _____ > > **Updated:** _____