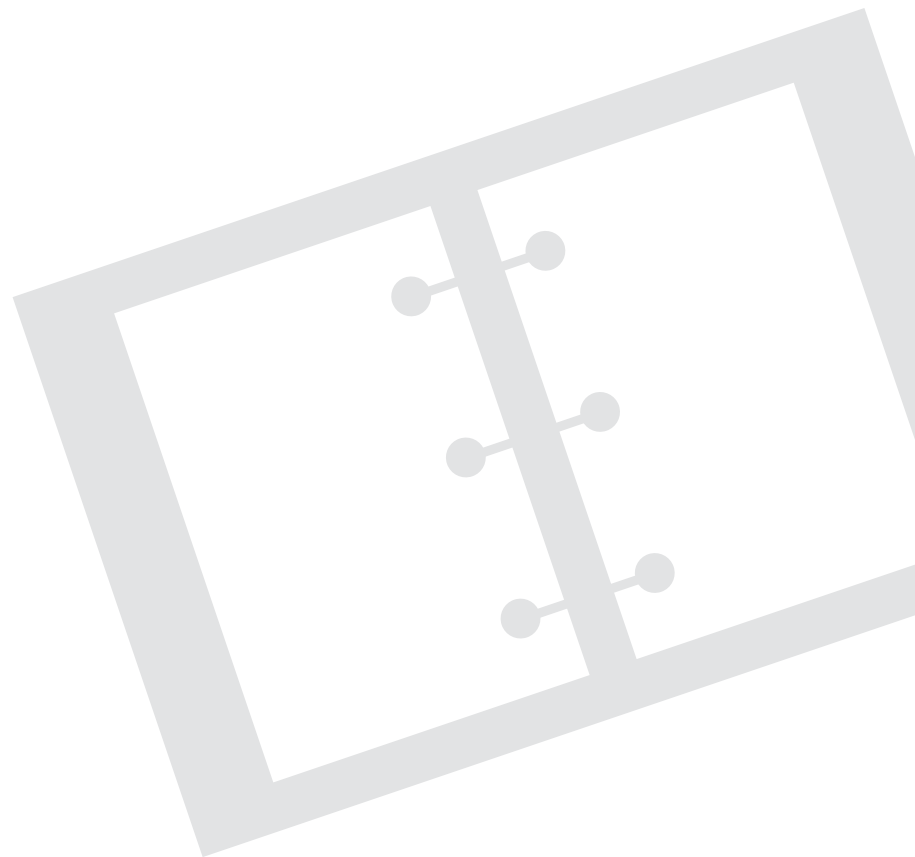


## CHAPTER 5—CREATING YOUR CARE BINDER

A care binder is a personalized tool to store important information concerning your loved one's care. It should also be used to help other caregivers who do not know the stroke survivor's routine and/or daily needs. Keeping this information easily accessible (e.g., near the refrigerator) is beneficial in case of an emergency. You should also carry emergency numbers, medications list and insurance information with you at all times.



A care binder should include

- **Emergency numbers**, including 9-1-1, caregivers, family members, friends, neighbors and “in case of emergency” people. List the numbers in the order you would like them called.
- **List of medications/medical information**, including allergies, blood type and details for administering medications.
- **Medical history**, including diseases, surgeries, previous strokes and any other important information.
- **Contact information for healthcare professionals**, including therapists, home healthcare agencies and the pharmacy.
- **Copies of the stroke survivor’s driver’s license, social security card and health insurance card**. Having these with the stroke survivor is beneficial when going to the hospital.
- **Copies of Do Not Resuscitate (DNR) or other state-related forms** for the stroke survivor. Have a copy in your car and on the fridge.
- **A copy of the medical/financial power of attorney (MPOA or FPOA)**.
- **Daily routine instructions**, including meal times, medication times and activities.

See Appendices A through G for templates to help you create your care binder and get organized. Download and print the templates applicable to you and your needs.