

Long-Distance Caregiver Emergency Information Sheet

Printable organizer for caregivers coordinating from another location

For adult children, relatives, and care partners who coordinate emergency information remotely.

Emergency information to organize ☐ Local contacts and backup helpers ☐ Provider and pharmacy details ☐ Home access notes ☐ Medication and allergy list locations ☐ Documents and communication preferences	Contacts and locations Primary contact: Backup contact: Provider/pharmacy: Where documents are kept:
Important notes for helpers Communication, mobility, comfort, access, supply, and routine notes can be written here. Keep instructions consistent with the person's care plan and clinician guidance.	Update reminder Review this sheet after contact, medication, allergy, provider, school, caregiver, household, or care-plan changes.

Privacy and safety note

Share only with trusted caregivers or contacts. Store paper copies where they are easy to find but not publicly visible. This sheet can help organize emergency information; it is not medical, legal, custody, or child-care advice and does not replace emergency services, clinicians, patient portals, medical records, medication labels, or care plans.

