



Emergency Caregiver Backup Plan

If I Am Unable to Provide Care

This document helps ensure continuity of care for my loved one if I am suddenly ill, injured, hospitalized, or unavailable.

Person Receiving Care

Name: _____

Date of Birth: _____

Diagnosis: _____

Home Address: _____

Primary Caregiver (You)

Name: _____

Phone: _____ Alternate: _____

Emergency Backup Caregivers

(List at least one short-term and one longer-term option)

1. Name: _____

Relationship: _____

Phone: _____

2. Name: _____

Relationship: _____

Phone: _____

Immediate Instructions (First 24–72 Hours)

- **Medications are stored here:** _____
- **Medication timing is critical:** ☐ Yes ☐ No
- **Mobility level:** ☐ Independent ☐ Needs assistance ☐ High fall risk
- **Transfer help needed:** ☐ Yes ☐ No
- **Do not rush movement or transfers**

Important safety notes:

Medication Overview

(Attach full medication list if available)

- **Parkinson's medications must be given on time**
- **Contraindicated medications card:** ☐ Yes (carry/provide to providers)

Daily Routine Snapshot

- **Best time of day:** ☐ Morning ☐ Midday ☐ Afternoon ☐ Evening
- **Sleep schedule:** _____
- **Meals & nutrition notes:** _____
- **Hydration reminders:** _____

Communication & Cognitive Notes

- **Speech:** ☐ Soft ☐ Slow ☐ Clear ☐ Needs cueing
- **Cognition:** ☐ Intact ☐ Slower processing ☐ Memory support needed
- **Hallucinations:** ☐ Yes ☐ No
If yes, what helps: _____

What Helps / What Makes Things Worse

Helpful strategies:

Triggers or challenges:

Healthcare & Legal Information

Primary Neurology Clinic/Provider: _____

Phone: _____

Primary Care Provider: _____

- Healthcare Power of Attorney on file: ☐ Yes ☐ No
 - Emergency contacts accessible: ☐ Yes ☐ No
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Where Important Documents Are Kept

☐ Medical binder location: _____

☐ Digital folder (phone/email/cloud): _____

Notes for Backup Caregiver

Important Reminder

This plan is meant to guide—not replace—professional care.

If there is uncertainty or a change in condition, contact the healthcare provider or seek emergency care.