



THE BOOMER GUIDE

The Emergency Planning Kit

*The first things every family should have ready —
before you need them.*

A free resource from The Boomer Guide · Created by Mark Stiles

A NOTE FROM MARK

Fifteen Minutes, Well Spent

If you're reading this, chances are someone you love is getting older — or you are. Maybe there's been a scare already: a fall, a dizzy spell, a phone call that made your stomach drop.

I made this kit because I've watched good families lose whole days to panic. Not because they didn't care — because nobody could find the medication list. Nobody knew which pharmacy Mom used. Nobody was sure who had a key.

Here's the truth I keep coming back to: the first hour of an emergency is decided months earlier, at a kitchen table, with a pen and fifteen quiet minutes.

That's all this kit asks of you. A few pages to fill in. A few conversations to have while everyone is calm and healthy. Nothing morbid, nothing complicated — just the basics, written down, where the right people can find them.

You don't have to finish it in one sitting. Start with the page that feels easiest. Every blank you fill in is one less question in a hallway at 2 a.m.

Let's begin.

— *Mark*

WHEN SOMETHING HAPPENS

The First 60 Minutes

When a parent falls or collapses, the first hour is a blur of decisions. This checklist is what experienced caregivers wish they'd had ready. Check off what your family already has in place — and notice what's missing.

Call 911 first if there is any doubt.

Chest pain, a head strike, confusion, or trouble speaking — don't drive them yourself. Call.

Know where the medication list lives.

Paramedics and ER staff will ask immediately. A current list, with doses, in a known spot.

Insurance card and photo ID, together.

One envelope or wallet sleeve near the door or in a purse — not "somewhere in the desk."

A spare key someone can reach.

A trusted neighbor or a lockbox. EMS may need to get in when no one can open the door.

Know who to call, in what order.

Family first-caller, the primary doctor, and whoever holds power of attorney.

Know the preferred hospital.

If there is a choice, know which hospital has their records and their doctors.

A phone that unlocks.

Make sure at least one other person can reach the emergency contacts in their phone.

Someone to watch the house, pets, or spouse.

A fall rarely happens in a vacuum. Know who to call for everything left behind.

Fewer boxes checked than you expected? That's exactly why this kit exists.

FILL THIS IN

Emergency Contacts

Keep this sheet by the phone, on the refrigerator, or in the front of a family binder. Fill it in digitally or print and write by hand.

Medical

PRIMARY DOCTOR — NAME

PHONE

SPECIALIST (HEART, NEURO, ETC.)

PHONE

PHARMACY — NAME & LOCATION

PHONE

Family & Neighbors

NEXT OF KIN / FIRST CALL

PHONE

SECOND FAMILY CONTACT

PHONE

NEIGHBOR OR NEARBY FRIEND (HAS KEY?)

PHONE

Legal & Decisions

POWER OF ATTORNEY HOLDER

PHONE

FILL THIS IN

Medical Snapshot

This is the page an ER team hopes you have. One snapshot per person — make a copy for each parent or spouse.

NAME

DATE OF BIRTH

BLOOD TYPE

MEDICAL CONDITIONS (HEART, DIABETES, MEMORY, ETC.)

ALLERGIES — MEDICATIONS, FOODS, LATEX

CURRENT MEDICATIONS & DOSES (INCLUDE VITAMINS AND SUPPLEMENTS)

DNR / POLST — advance care documents

DNR on file

POLST on file

None / not sure

WHERE THE DOCUMENT IS KEPT

WHO HAS A COPY

Not sure what DNR or POLST means? The next page is for you.

GOOD TO KNOW

If Someone Can't Speak for Themselves

Here's a question most families never ask until a doctor asks it for them: if your mother is unconscious, who is legally allowed to make medical decisions for her?

The answer usually lives in two documents — and knowing what they are is half the battle.

Medical Power of Attorney (healthcare proxy)

A document naming one trusted person to make medical decisions when someone cannot. Without it, hospitals may have to follow state default rules — which might not match what your family would choose, and can slow everything down.

Advance Directive (living will)

A written statement of what care a person does and doesn't want — things like resuscitation, ventilators, and feeding tubes. It speaks when they can't, and it spares the family from guessing at the hardest possible moment.

For now, just answer two questions for each person in your family: Do these documents exist? And does anyone know where they are? If the answer is 'no' or 'not sure,' you're in the majority — and it's fixable.

Preparing the actual documents takes more than a worksheet — naming the right person, having the conversation, getting it witnessed properly. That step-by-step walkthrough is exactly what the full Emergency Family Planning Guide covers.

STAY CALM, ACT FAST

Know the Signs

You don't need medical training to make a life-saving call. You just need to recognize a few patterns — and trust yourself enough to act on them.

- **After a fall**

Don't rush to lift them. Look first: head strike, neck or back pain, a leg that looks wrong, confusion, or blood-thinner use all mean call 911 and keep them still. If they seem fine, help them up slowly — and still mention the fall to their doctor.

- **Heart attack**

Chest pressure or squeezing, pain spreading to the arm, jaw, or back, shortness of breath, cold sweat, nausea. In women it can be quieter — unusual fatigue, indigestion-like discomfort. Call 911. Do not drive them yourself.

- **Stroke — think F.A.S.T.**

Face drooping on one side. Arm weakness — can they hold both arms up? Speech slurred or strange. Time to call 911 — note the time symptoms started; treatment decisions depend on it. Every minute matters.

- **Sudden dizziness**

Brief lightheadedness on standing is common. But dizziness with chest pain, fainting, a severe headache, vision changes, or one-sided weakness is a 911 call — not a 'wait and see.'

When in doubt, call 911. Nobody has ever regretted an ambulance that wasn't needed.

PLEASE READ

This page is general information, not medical advice. It is no substitute for professional care or emergency services. If you believe someone is having a medical emergency, call 911 (or your local emergency number) immediately.

FILL THIS IN

Where the Important Papers Live

In a crisis, families rarely need the documents themselves right away — they need to know where they are. Write down the location, not the contents. (Never write passwords here; just note where the password list is kept.)

DOCUMENT — WHERE IT'S KEPT	WHO KNOWS / HAS ACCESS
Will or trust	
Life & health insurance policies	
Homeowner's / auto insurance	
Deed, mortgage, or lease	
Bank & investment account list	
Password list / digital accounts	
Birth certificate & passport	
Military / veteran records	
Funeral or burial wishes	

A safe nobody can open is the same as no safe at all — make sure someone knows the combination.

THE HAND-OFF SHEET

The One-Page Family Brief

If you could hand a hospital just one sheet of paper, this is it. Fill it in, print a copy, and keep it where the emergency contacts sheet lives.

THIS BRIEF IS FOR

DATE OF BIRTH

PRIMARY DOCTOR & PHONE

PREFERRED HOSPITAL

INSURANCE PROVIDER & MEMBER ID

PHARMACY & PHONE

KEY CONDITIONS

ALLERGIES

WHERE THE FULL MEDICATION LIST IS KEPT

MEDICAL POWER OF ATTORNEY — NAME & PHONE

DNR / POLST STATUS & LOCATION

FIRST PERSON TO CALL — NAME, RELATIONSHIP, PHONE

Tip: photograph the completed page and share it with every sibling. Now everyone is holding the same answers.



You've Made a Strong Start

Take a moment and notice what just happened: your family now has written answers to questions most families face blank.

This kit covers the first hour. The full plan — the legal documents, the financial preparations, the conversations, the step-by-step checklists for hospitalization and loss — takes a little more.

That's what the complete guide is for.

The Emergency Family Planning Guide

Walks you through every document, step by step, in the same calm, unhurried style as this kit.

GET THE FULL GUIDE →

[CHECKOUT LINK GOES HERE]

No pressure, no deadline. It will be here when you're ready.



Thank You

Thank you for spending these minutes on the people you love.
Most families mean to get organized "someday." You actually started.

Keep these pages somewhere easy to find, revisit them once a year,
and share them with anyone who might one day need the answers.

— **Mark Stiles**

Creator, The Boomer Guide

One more thing, if it would help

Every so often I send out new tips and resources like this one — nothing more.

If you'd like them in your inbox, you can join the list here:

[[NEWSLETTER SIGNUP LINK GOES HERE](#)]

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