

Hospital GRAB & GO Kit

It's Easy to Get Started!

Here's all you need:

- Paper and Pen or computer with printer
- Medications with dosages
- Insurance Cards
- Access to Internet for state-specific forms
- Your physicians' contact information
- Some truth and honesty plus a 1-gallon sized baggie



1. & 2.

1. Your basic personal information & emergency contact
2. Your current medical information and conditions

All About You

Use a sheet of paper, front and back, to provide health care staff with your critical health information

3. & 4.

3. Your complete drug list - Rx's and over-the-counter
4. Important medical history a new health care professional should know about you

5.

Copy of your current health insurance card(s) – front and back of each

For the hospital staff

The professionals attending to you during an emergency do not know you. They may need to talk to someone about your care and your wishes. Choose someone who will honor your wishes.

The MOLST is difficult to fill out -- do it anyway! Do not leave these decisions to your children or others.

6.

Original, signed HIPAA release form

7.

Signed Healthcare Proxy

8.

MOLST - Medical Orders for Life-Sustaining Treatment

9.

Power of Attorney - name of person and where signed form is located

For your family

Take control while you can.

Name a trusted person to handle your money.

Be clear with your loved ones how you want your last days to be.

10.

Living Will or Advance Directive



Annual U.S. Hospitalizations

65 & older



17%

45 - 64



8%

18 - 44



6%

Assemble Your Baggie

- Pull together your 10 items
- Put each page in the baggie, in the same direction
- Use the MOLST as the last page
- Hang where EMTs can easily locate
- Add documents as you prepare them
- Update when you have a medical change or each year

Credit for the list goes to Ellen Feinsand, Senior & Elder Advocate, Acton, Mass.
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