

## Important Documents to Keep on Hand

There are several important documents you should always be able to access in case of an emergency. Keep copies in an easily accessible location at home and take them with you when you are traveling or plan to be away for an extended period of time. Keep a second copy in another location away from home.

- Doctors names and contact information
- A list of current medications and dosages
- A list of food or drug allergies
- Copies of legal papers (living will, advanced directives, power of attorney, etc.)
- Names and contact information of friends and family members to call in case of emergencies
- Insurance information (policy number, member name)

The Alzheimer's Association is the leading voluntary health organization in Alzheimer care, support and research.

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