

## My Daily Plan and Emergency Plan

The information below is to help people working with me to understand what is important to me, and how I would like you to help me. Also there is some emergency information here as well in case I can't tell you what I need.

1. What do I want the people who support me to know about me? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. I use the following adaptive equipment \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

And I keep it \_\_\_\_\_

\_\_\_\_\_

3. During the day I go to \_\_\_\_\_ and the phone number is \_\_\_\_\_

4. These are the people who help me and how to get in touch with them.

My Staff is: \_\_\_\_\_ Phone: \_\_\_\_\_

My Staff is: \_\_\_\_\_ Phone: \_\_\_\_\_

My Staff is: \_\_\_\_\_ Phone: \_\_\_\_\_

My Staff is: \_\_\_\_\_ Phone: \_\_\_\_\_

5. Emergency Phone Numbers – if my support staff aren't here or I need someone else to help me, call these people.

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Name: \_\_\_\_\_ Phone: \_\_\_\_\_



6. My Medical Needs are: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

7. I take these Medications:

Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ How Often: \_\_\_\_\_  
Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ How Often: \_\_\_\_\_  
Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ How Often: \_\_\_\_\_  
Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ How Often: \_\_\_\_\_  
Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ How Often: \_\_\_\_\_  
Medication: \_\_\_\_\_ Dose: \_\_\_\_\_ How Often: \_\_\_\_\_

8. My Physicians are:

My Dr.'s Name is: \_\_\_\_\_ Specialty: \_\_\_\_\_ Phone: \_\_\_\_\_  
My Dr.'s Name is: \_\_\_\_\_ Specialty: \_\_\_\_\_ Phone: \_\_\_\_\_  
My Dr.'s Name is: \_\_\_\_\_ Specialty: \_\_\_\_\_ Phone: \_\_\_\_\_  
My Dr.'s Name is: \_\_\_\_\_ Specialty: \_\_\_\_\_ Phone: \_\_\_\_\_

9. I prefer to go to \_\_\_\_\_ Hospital in the case of an emergency

10. If there is an emergency in my apartment here is who to call:

For a Gas emergency call: \_\_\_\_\_  
If my power is out call: \_\_\_\_\_  
The maintenance/repair phone number is: \_\_\_\_\_  
The Fire Department phone number: \_\_\_\_\_  
The ambulance phone number: \_\_\_\_\_  
The Police Department phone number: \_\_\_\_\_  
In an emergency please call: \_\_\_\_\_ at: \_\_\_\_\_ to let them  
know what is happened and where I am going.

