

Recommended Go-bag Items

Preparation and teamwork are the keys in all aspects of caregiving. That's why many families benefit from a simple act of preparation called the go-bag. The go-bag is a small backpack or duffel bag prepared in advance for both the caregiver and the care recipient. This not only simplifies the process of getting out the door, it ensures that both of you will have what you need to keep confusion at a minimum.

Important Documents

- ◆ Personal Fact Sheet—with up to date information
- ◆ Copy of insurance card, both front and back
- ◆ Copy of Medicare/Medicaid card
- ◆ Copy of your Power of Attorney for Health Care
- ◆ Copy of your Power of Attorney for Property
- ◆ Living Will or POLST
- ◆ Copy of HIPAA Release
- ◆ Organ donor affidavit (*if applicable*)
- ◆ Consider making 3 sets of these documents—1 for the EMT, 1 for the Hospital, and 1 for yourself.

Medication, Toiletries and Other Supplies

- ◆ Eyeglasses and/or contact lenses
- ◆ Denture cleaning supplies
- ◆ Hearing aid batteries
- ◆ Toiletries and personal care items (*deodorant, hand lotion/moisturizer, hand/ facial wipes, lip balm, dry shampoo, comb or hair brush—consider trial sized items*)
- ◆ Medic Alert bracelet
- ◆ A change of clothing (*underwear, socks, tops, bottoms, slippers—aim for comfort, not style*)
- ◆ Extra adult brief (*i.e. Depends*) if usually worn, as these may not be available in the emergency room.
- ◆ Plastic bag for soiled clothing
- ◆ A small amount of cash, including small bills and change
- ◆ Reading material
- ◆ iPod, MP3 or CD player with earphones or speakers (*don't forget your charger or extra batteries*)
- ◆ A list of family and friends with phone numbers
- ◆ Reassuring or comforting objects

This list is provided courtesy of



STROHSCH E I N L A W G R O U P L L C
Protecting What Matters

455 Dunham Road, Suite 200, St. Charles, IL 60174 ▪ 630.377.3241 ▪ www.StrohscheinLawGroup.com

Caregiver Supplies

- ◆ Change of clothing, toiletries and personal medications
- ◆ Pain medicine such as Advil, Tylenol or aspirin
- ◆ A pad of paper and pen to write down information and directions given to you by hospital staff
- ◆ A sealed snack for you such as crackers, granola bars or nuts, bottled water or juice, gum or mints (*always check with hospital staff before giving food or drink to the patient*)
- ◆ A small amount of cash for items such as parking, vending machines, etc.
- ◆ Keep a log of your care partner's symptoms and problems
- ◆ Lotion
- ◆ Lip balm
- ◆ Reading material or another activity to do while you wait (books, magazines, crosswords, games, cards, knitting or other hand-work)
- ◆ Ear plugs or eye mask

Other Helpful Tips

- ◆ Put a name on the go-bag and any other important items such as a walker or wheelchair.
- ◆ Place the go-bag near the entrance door with a note attached to it. The note should direct ambulance attendants to take the bag to the hospital.
- ◆ Do not bring jewelry or other valuable items.
- ◆ Consider using one of the following apps available for your mobile phone. For additional information on these automated solutions see the blog article on our website—<http://strohscheinlawgroup.com/blog/caregiver-apps-relax/>.
 - ◆ **Care Zone**—Record and communicate care concerns with up to 100 people.
 - ◆ **Pain Care**—This app allows you to track times, activities, pain levels, etc. to help you better pin point possible triggers of your loved one's pain.
 - ◆ **Lotsa Helping Hands**—Through this website you can mark which days care is provided, which days require extra help, and which days need special attention. Unfortunately, not available as a mobile app at this time.
 - ◆ **INRFood**—The app keeps track of all dietary needs and preferences in the house and cross-references those needs when you are at the grocery store.

This list is provided courtesy of



STROHSCH E I N L A W G R O U P LLC

Protecting What Matters

455 Dunham Road, Suite 200, St. Charles, IL 60174 ▪ 630.377.3241 ▪ www.StrohscheinLawGroup.com