



Do Not Resuscitate Form (DNR)

Do you have a DNR in place ?

☐ Yes, a copy is included ☐ NO

***More information can be discussed
with your family doctor.**

List medical conditions, history and other relevant conditions

- ☐ Cancer
- ☐ Diabetes
- ☐ High blood pressure
- ☐ Heart disease or heart condition
- ☐ Anaphylaxis (and indicate like in the
template to what allergen)
- ☐ Breathing problems
- ☐ Disability: (ie: hearing impaired, blind)

- _____
- _____
- _____

Allergies (please list them below)

- _____
- _____
- _____
- _____

Medications

Enclose a list of all medications you are
taking. Enclose a copy from blister packs.

***Ask your pharmacist to print a copy of your
prescriptions.**

List any self-prescribed medications, such
as vitamins, herbs, or dietary supplements:

Medical Assisted Devices

- ☐ Walker
- ☐ Cane
- ☐ Wheelchair
- ☐ Other (Please list below)

- _____
- _____
- _____
- _____



Emergency Response Information Kit

E.R.I.K

Give this information to
paramedics when they arrive.

Personal Information

Name:

Health Card Number:

Date of Birth (DD/MM/YY):

Emergency Contact

First Contact's Name:

Phone Number:

Secondary Contact's Name:

Phone Number:

My Team

List any Home and Community Care, Personal Support Workers, or other private health care agencies.



Support Organizations:

Phone Number:

Primary Care Provider

Main Contact:

Phone:

Address:

Pharmacy

Main Contact:

Phone:

Address:

Where to get help?

Emergency 911

Tele-Health 811



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Emergency Response Information Kit



Age Friendly Thunder Bay and the Thunder Bay District Health Unit has launched a useful resource for those who manage multiple health concerns. The Personal Medical Information Kit is now available and will be distributed through a targeted rollout strategy across AREA, focusing on the needs of seniors. Residents can also receive a kit by contacting Age Friendly Thunder Bay.

The kits are an easy way to manage health information including copies of documentation, medical history, pre-existing conditions and medications. The kit is designed to be stored on your fridge for easy access and visibility by paramedics, or other emergency services. It can assist with a speedy exchange of information that can inform patient care.

Frequently Asked Questions



What medications should I put on my form?

All prescribed and over the counter medications that you take every day should be put on your form. You can work with your regular pharmacist to obtain a current list of your medications and dosages. If your medications change, the information in your kit needs to change to reflect that. You can also include any medications that you are allergic to in the corresponding section for allergies.



If my form isn't updated properly will treatment still occur from the paramedics?

Yes. Paramedics will always give you the care you need, even if your form is missing or not updated.

This kit is just a helpful tool. It does not replace the medical checks paramedics do. It can help in emergencies, especially if you're alone or unable to speak—and it makes your health information easier to understand during stressful times.



Will paramedics call my emergency contact?

Sometimes paramedics will need to call your emergency contact. Emergency contacts will be called by the paramedics on scene, or by hospital registration staff. An emergency contact will be called in the case where someone is needed to help you while you are at the hospital. In some cases, emergency contacts are unable to make care related decisions on your behalf, so a Power of Attorney is also recommended.

Frequently Asked Questions (continued)



What is a POA and is this different than an emergency contact?

A Power of Attorney is a legal agreement that gives someone permission to act and make decisions on your behalf, if you are no longer able to. More information can be accessed here: <https://www.attorneygeneral.jus.gov.on.ca/english/family/pgt/incapacity/poa.php>.

A medical POA essentially gives someone you trust the ability to oversee your medical care and ensure that your advanced directives are followed. Without appointing a POA for your healthcare, your family members may not be able to access your medical information or actively participate in decision making. A medical POA is sometimes referred to as a health care proxy.



What is a DNR? Do I need one?

A DNR is a Do Not Resuscitate Order. This is a legal document that is completed by a physician or health care provider, stating that a person does not wish to receive life-prolonging treatment if cardiac or respiratory arrest occurs. These procedures include CPR, intubation, defibrillation, and other methods of resuscitation.

Obtaining a DNR is a personal choice, and you can ask your health care practitioner to discuss this form with you in greater detail. If you have a DNR, it is important to have a copy of it in your Personal Medical Information Kit so that it can be easily accessed in case of emergency.

Please note that a copy of your DNR must be seen in person for paramedics to honour your wishes.



Who will be using this information?

This information is only used during a 911 emergency, or a community paramedicine visit to help guide your care.

It does not replace the medical checks paramedics do. The kit is voluntary, and by filling it out, you are giving permission for it to be used in an emergency and shared with the hospital if needed.

You can also share this information with your family doctor, home care team, or anyone else involved in your care—it's up to you.

Coordinated care for older adults is essential for managing the complexities of aging, improving health outcomes, and enhancing quality of life. By fostering better communication between care providers, continuity, and support, between care providers coordinated care provides a comprehensive approach that addresses the unique needs of older adults. Please have your care providers complete the following side of this document to have all members of your care team listed and available to assist with coordinating your care.

- Care plans (detailed, personalized document that outlines your healthcare and support needs)
- Action plans (detailed, personalized document that outlines the steps and resources to help you manage your chronic condition)