

Welcome!

In your hands you have a copy of “The Care Manual”.

This manual is a continuing work in progress and we welcome your input.

Our goal is that this Manual will guide you, your family, or close friends through helping with your care and/or decisions when you are in need of assistance.

This Manual should act as a tool. It is a tool to carry with you to the doctor’s office, to therapies or even in an emergency to the hospital. It will hopefully serve as a reference for any medical assistance required in your home.

This Manual has been broken down into sections. Some sections may pertain to you and your life style and some may not. Be creative – you can add pages specifically for you. You can customize this book to meet your needs and the needs of your family.

We hope you find this Manual helpful. We have discovered that this Manual is well received by healthcare professionals and families. We believe you will find your Manual to be a continuing wealth of information.

Liz Blake
Chair, Board of Directors
Stroke of Hope Club, Inc.

Chelie Casey
Board of Directors
Stroke of Hope Club, Inc.

(cover page)

The Care Manual

Name: _____

The Stroke of Hope Club
(561)627-2202
www.strokeofhope.com

Table of Contents

1. Primary Information
 - a. Information Sheet
 - b. Copy of Primary Insurance Card
 - c. Copy of Secondary Insurance Card

2. Medications
 - a. List of all Medications
 - b. The how to in administering all medications

3. Calendar of Events, Therapies, and Other Important Routines
 - a. Calendar
 - b. Occupational Therapy
 - c. Physical Therapy
 - d. Speech Therapy
 - e. Stroke of Hope Club
 - f. Hairdresser
 - g. Water Aerobics

4. Phone Book
 - a. Emergency Contacts & Physicians
 - b. Immediate Family
 - c. Professional Advisors
 - d. General Phone Book

5. Hurricane Preparations
 - a. General Check List of To Dos

6. Directives
 - a. Living Will
 - b. DNR
 - c. Health Care Surrogate
 - d. Funeral Arrangements

7. Designs
 - a. What did we miss? Design a page that would help you and/or another caregiver.

SECTION I

PRIMARY INFORMATION

Name:

Address:

City, State and Zip:

Home Phone:

Social Security Number:

Primary Insurance Number:

Secondary Insurance Number:

Primary Physician:

**Copy of
Primary
Insurance
Card
Here**

**Copy of
Secondary
Insurance
Card
Here**

SECTION 2

MEDICATIONS

**Copies
of
Prescription
Information
Sheets**

See drug sheet attached
An excel spreadsheet

SECTION 3

CALENDAR OF EVENTS

We place a calendar in this section, listing what goes on in the individual's life..can be any calendar..

SECTION 4

PHONE BOOK

We list the following: family contacts, physicians, therapists, activities (nail tech, hair, etc.), friends, contact info, emergency phone #s

SECTION 5

EMERGENCY PREPARATIONS (hurricane, etc.)

Hurricane Preparations

Do you have a plan?

Do you need special care shelter?

SECTION 6

DIRECTIVES

(copies of living wills, etc.)

SECTION 7

DESIGNS

(other info important to
you)