

UNEXPECTED MEDICAL DIAGNOSIS CHECKLIST

This is a checklist I created in case of an unexpected diagnosis or disability. Because we never know when this might happen to us or a loved one, it is imperative to have this together. You should have this checklist and these items in a safe place, and you should tell more than one family member where these documents are stored.

Sadly, in a situation like my mom's, if something happens and your cognitive functions are not intact, your family has to search for these important documents. It's stressful having to find these documents after something happens to you or someone you love. This extra stress can be avoided with some planning and organization. This is a loving gesture. Don't make it a "guessiture." You want your family to know your wishes.

You will need:

- In case of an emergency name and contact information
- Name and contact information of all experts (trust attorney, financial advisor, CPA, etc.)
- Name and contact information of all medical professionals
- List of medications and medical history
- Healthcare Directive
- Insurance information (medical, life, auto, disability, etc.)
- Employer information

- All financial accounts and bank institution information
- Passwords to all accounts
- How assets and debts are titled (in whose name the assets are owned)
- All bills and when and how they are paid
- Household chores
- Designate a caregiver if hospitalized
- Family pets and feeding and medication schedules