

Sample Personal Medical Information

Use this sample form as a guide to help create your personal medical information form. Carry a copy of this form with you and provide it to each of your physicians. Present it to your doctor or nurse in the event of hospitalization.

Name: _____

Address: _____

Phone Number: _____

Social Security Number: _____

Emergency Contact: Include name, phone numbers (home, work, and cellular), and address.

Insurance: List insurance provider, plan name, and your insurance identification or policy number.

Blood Type: Indicate blood type. _____

Medical Issues: List any current medical issues, including PD. When possible, list dates of diagnosis.

Family Health History: Include information on any serious medical conditions for which members of your immediate biological family have been treated. If your family member passed away as a result of a medical condition, record this along with his or her age at the time of death.

Current Medications: Include prescription medications for PD or other conditions, herbal and dietary supplements, and over-the-counter medications. List the condition prescribed for, medication name, dosing strength, and dosing schedule.

Medication	Condition	Dosing Strength	Dosing Schedule

Allergies: List any allergies to food or medicines.

Health Care Team: List the following information for doctors who treat your PD or any other condition. Indicate which doctor is your primary care physician:

Specialty: _____

Name: _____

Clinic or Hospital: _____

Phone Number: _____

Functional Capabilities: Describe any special care issues, such as needing assistance walking or grooming.

Religious or Cultural Considerations: List any accommodations that may need to be made for religious or cultural reasons, such as scheduled prayer times or dietary restrictions.

Documents: If you have a living will or other documents relevant to your health care, list them here, along with contact information for the person who holds the documents (most likely a family member or an attorney).

Adapted with permission from *Love, Honor, & Value — A Family Caregiver Speaks Out About the Choices and Challenges of Caregiving* by Suzanne Mintz.