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**A neighbor, family member or friend**

Call 911 in a medical or non-medical emergency (unless you and your doctor have discussed an alternative plan, such as calling hospice). Medical or non-medical emergencies include (but are not limited to):

* Chest pain and/or difficulty breathing
* Accident with resulting injury (head, bone, burn, bleeding)
* Sudden weakness, numbness, change in vision, or difficulty speaking
* Severe pain
* Feeling afraid for your safety or the safety of others
* Thoughts of hurting yourself or others
* Needing help to get up after a fall with or without injury

**The person I can call is:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Their phone number is:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**911**

**Poison Control Hotline**

**1-800-222-1222**

Call the 24/7 Poison Control hotline if the person ingests a toxic substance, takes the wrong medication, or takes too many pills.

Call the Primary Care Provider for non-emergency medical concerns including (but not limited to):

* Sudden changes in condition (more confusion, less mobile, agitation, less alert or more sleepy than usual)
* Falls and changes in balance
* Upset stomach or change in appetite
* New cough or cold symptoms
* New accidents with bladder or bowel, urinating more or less frequently, or pain with urination
* Skin rash
* Headache, back or joint pain
* Questions about medication

**Primary Care Provider:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone Number:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Primary Care Provider (PCP)**

Who can you call:

* When you need someone to talk to
* When you need help running an errand or fixing something around the house
* When you need someone to help care for, or keep an eye on the person
* When you need someone to help calm, redirect or distract the person

**Care Team Navigator:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Phone Number:**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Call your Care Team Navigator or the helpline when you:

* When you feel stressed and need someone to talk to
* When you feel sad or hopeless or have less interest in or ability to do things
* When you need help figuring out how to manage behavior changes (trying to leave, repeated questions, not sleeping, refusing help, getting angry or upset easily)
* When you have concerns about managing the person’s care needs like keeping them safe, finding activities they enjoy, dealing with eating or bathing/grooming challenges
* When you need help finding community resources (support groups, in-home care, day program, transportation, meal delivery, memory care facilities, elder law attorney)

**Care Team Navigator or**

**Alzheimer’s Association 24/7 Helpline 1-800-272-3900**

Who Can Help?