

The 12 documents every family needs before a crisis

The best time to gather these is a quiet afternoon — not the night of an emergency. Work through the list with your parent, one item at a time, and keep copies somewhere the whole family can reach.

ⓘ This is general organizational guidance, not legal or medical advice. Documents like powers of attorney and directives should be prepared with a qualified professional in your state or country.

Identity & health basics

- ☐ **Photo ID** — driver's license, passport, or state ID; needed almost everywhere.
- ☐ **Health insurance & Medicare cards** — the numbers a hospital or pharmacy will ask for first.
- ☐ **Medication list & allergies** — every drug, dose, and reaction, kept current.
- ☐ **Care team contacts** — primary doctor, specialists, and preferred pharmacy.

Healthcare wishes

- ☐ **Advance healthcare directive / living will** — their wishes for care if they can't speak for themselves.
- ☐ **Healthcare power of attorney** — names the person allowed to make medical decisions for them.
- ☐ **HIPAA authorization** — lets doctors share updates with the family members they choose.

A **DNR or POLST** is a medical order a physician signs — it isn't something a family writes. If your parent has one, keep a copy with these documents; CareHub can store it, but it can't create it.

Money & legal

- ☐ **Financial (durable) power of attorney** — names who can handle money matters if needed.
- ☐ **Will and/or trust** — and where the signed originals are kept.
- ☐ **Insurance policies** — home, auto, life, and long-term care.
- ☐ **Account list** — banks and institutions (names, *not* full account numbers or passwords).
- ☐ **Emergency contact sheet** — key family, neighbors, and their preferred hospital and pharmacy.

That's twelve. You won't finish in one sitting, and that's fine — gathering even a few of these makes the next hard day far less frightening.

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