

Sandra Dees ♥
CONSULTING FOR
SENIORS & FAMILY

Life Planning & Emergency Preparedness Manual



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NICE TO MEET YOU!

Hi! I'm Sandra, Your Senior Care Consultant

Welcome to the Comprehensive Life & Emergency Planning Guide. My name is Sandra Hicks, and I'm dedicated to helping you navigate the complexities of elder care. With over 20 years of experience in senior care and consulting, I've supported countless families through significant life transitions. My journey, from founding Secure Care by Sandra Dee to working with renowned retirement communities, has equipped me with the knowledge and compassion needed to offer you reliable advice and support.



This guide is designed to empower you with essential information for life planning and emergency preparedness. It provides clear, actionable steps to ensure that you and your loved ones are well-prepared for any situation. Trust in my experience and let this guide be your roadmap to a secure and well-planned future.

— Sandra
Dee

How to use this ebook.

This eBook is designed to be a practical tool for life planning and emergency preparedness. You have two options for filling in the information:

1. Print and Write: Print out the pages and fill in the fields by hand. This option is great for keeping a physical copy handy.

2. Fill on Your Computer: Open the eBook on your computer and type directly into the fields. This digital option allows for easy updates and sharing.

Keep this eBook accessible so you have all the vital information at your fingertips in case of an emergency.



Personal Information

Full Name: _____

Date of Birth: _____

Address: _____

Phone Number: _____

Cell Phone Sign In Code: _____

Email Address: _____

Email Address Password: _____



Legal Representatives

Power of Attorney for Personal Care

Name: _____

Contact number: _____

Power of Attorney for Property

Name: _____

Contact number: _____

Executor of Will

Name: _____

Contact number: _____

Lawyer

Name: _____

Contact number: _____

Financial Information

Financial Institutions

Bank Name: _____

Account Type: _____

Account Number: _____

Bank Name: _____

Account Type: _____

Account Number: _____

Investments

Institution Name: _____

Account Type: _____

Account Number: _____

Online Passwords - Banks

Website: _____

Username: _____

Password: _____

Website: _____

Username: _____

Password: _____

Health Information

Primary Doctor

Name: _____

Contact Number: _____

Pharmacy

Name: _____

Contact Information: _____

Medications

Medication Name: _____

Dosage: _____

Frequency: _____

Medication Name: _____

Dosage: _____

Frequency: _____

Health Conditions

Condition Name: _____

Details: _____

Health Insurance

Provider: _____

Policy Number: _____

Emergency Contacts

Contact Name: _____

Relationship: _____

Phone Number: _____

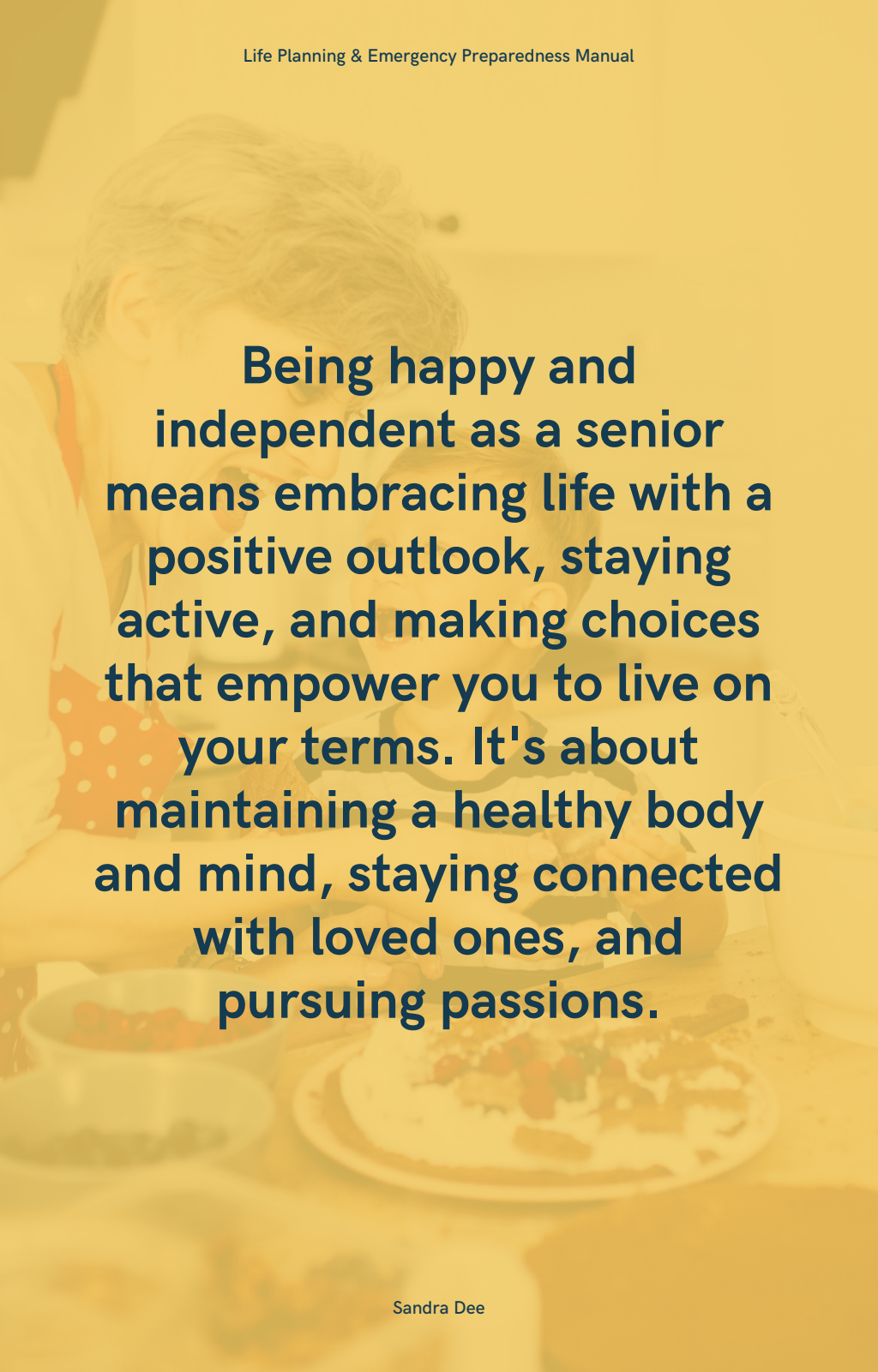
Contact Name: _____

Relationship: _____

Phone Number: _____

Notes:





Being happy and independent as a senior means embracing life with a positive outlook, staying active, and making choices that empower you to live on your terms. It's about maintaining a healthy body and mind, staying connected with loved ones, and pursuing passions.

Personal Wishes & Preferences

Wishes for the Future: (Describe your wishes for retirement, living arrangements, and other long-term plans.)

Thoughts on Retirement and Long-Term Care: (Provide your feelings and preferences about retirement communities and long-term care facilities.)

In Case of Accident or Hospitalization: (Outline your wishes if you need to stay in the hospital and are unable to return home for an extended period. State whether your home should be sold and any conditions for such a sale.)

Additional Instructions: (Any other specific wishes or instructions you have for your family, POA, or executor.)



**Live in the
moment.**



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