



### **File of Life**

Emergency medical personnel arrive at the home of a senior citizen, only to find him or her unconscious or confused. They have few facts to go on. Does the patient have any existing conditions? Are they taking any medications? Do they have any allergies? The medics frantically dig through the medicine cabinet looking for medications, *while precious seconds tick by.*

To help in such a situation, the Niagara County Office for the Aging has started a program called the "File of Life". This program is for seniors 60+ in Niagara County and is a card containing medical information and is kept on the outside of the refrigerator and is in a bright red magnetic pocket. Once filled out this medical card lists all your emergency contacts, health problems, medications taken, allergies, recent surgeries and more. A compact version is included and once filled out is to be carried in a purse or wallet. The door decal is to be placed on the outside of the door (not on the glass) to notify arriving EMTs.

For more information call the Office for the Aging at 438-4020.