

**INSTRUCTIONS**

TO COMPLETE 1.1

Record contact details of your emergency contact persons x 2, next of kin, substitute decision maker/s, family, friends, health professionals, support people, trades and service providers, etc. Describe the person's relationship to you and their role in your life. Record their contact details and use the notes column to document special instructions. Record the services they provide and how often you use these services. Add information such as the circumstances for which you want them notified and the best way to contact them.

**My personal address book can be found:**

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**MY FAMILY, FRIENDS, HEALTH PROFESSIONALS AND THE SERVICES SUPPORTING ME**

NAME	RELATIONSHIP	PHONE	EMAIL	ADDRESS	NOTES

