

**INSTRUCTIONS**

TO COMPLETE 3.5

Answer each question and record on the worksheet:

- Your ambulance insurance cover and relevant numbers.
- List any disease specific emergency action plans you have had developed by your health care professionals and record where these can be found.
- If you have completed an Advance Care Plan and appointed a substitute decision maker, record this and note where the directive is kept.
- Document whether you would like to be an organ/tissue donor, if that option is possible. You can obtain information and place your name on the organ donor register at <http://www.donatelife.gov.au>

DATE:

**My Medicare No.** .....

**My Medicare Card is stored in:** .....

**I have private health insurance**     Yes     No

**My health insurance company is:** .....

**My policy card is stored in:** .....

**I hold Ambulance insurance cover:**     Yes     No    Policy No. ....

**I have an 'Emergency Medical Information Book' on my fridge:**     Yes     No

**I have an Advance Care Directive:**     Yes     No     I want to develop one

**My Advance Care Directive can be found** .....

**My Substitute Decision Makers are:**

..... **Mobile No:** ..... **Email:** .....

..... **Mobile No:** ..... **Email:** .....

**My blood group is** .....

**My name is on the organ donor register**     Yes     No

**I wish to become an organ donor**     Yes     No     I want more information

<b>MY CONDITION ACTION PLAN</b> <i>(e.g. Asthma, Epilepsy, Allergies, Chronic condition self-management plan, etc.)</i>	<b>WHERE IS IT LOCATED?</b>