

Emergency Plan & Checklist

A ready-to-use plan for Mom & Dad if Dad becomes unable to care for Mom, or either parent has a medical emergency.



Critical info first

Address, GPS, doctors, meds, nearby ER, and family phone tree.



Know when to act

Yellow flags within days. Red flags within 24 hours.



Mom cannot be alone

Clear backup plan if Dad is hospitalized or incapacitated.



Fill it in now

Keep copies on the fridge, in phones, and with a neighbor.

Review every 6 months or after any health change.

Last updated: July 2026

1. Critical Info Sheet

Fill out FIRST

Keep a copy: on their fridge, in your phone, with your wife, and with at least one neighbor.

Their Info

- Full address (911-friendly, with county):

- GPS coordinates (rural areas - 911 may need them):

- Nearest hospital + drive time:

- Nearest hospital with a real ER:

Dad

- Date of birth / SSN location:

- Primary doctor + phone: _____
- Medications + dosages: _____
- Known conditions: _____

Mom

- Date of birth / SSN location: _____
- Primary doctor + phone: _____
- Endocrinologist / diabetes doctor: _____
- Full medication list including insulin type, dosage, schedule: _____
- Where insulin/supplies are kept in the house: _____
- Mobility needs (transfer help? bathroom help? can she self-manage insulin?): _____
- What she can and CANNOT do alone for 24 hours: _____

Key Contacts & Quick Copies

Fridge + phones

Key Contacts


- Nearest neighbor willing to check in + phone: _____
- County sheriff non-emergency line: _____
- Church / community contact, if any: _____
- Family phone tree - who calls whom: _____

Copy checklist

- Fridge copy
- Your phone photo/PDF
- Your wife's phone copy
- Neighbor copy or sealed envelope
- Family group text copy

Insulin / med supply note

- Insulin location: _____
- Backup power/cooler plan: _____
- Pharmacy name + phone: _____
- 2-week supply buffer confirmed:

 **Put this where it can actually be found.**
If someone has to search through drawers during an emergency, the plan is already losing. Fridge copy wins.

2. Warning Signs - When to Escalate

Do not wait for perfect info

Yellow flags act within days

- Dad quiet/withdrawn for more than about 2 weeks
- Missed medications or appointments
- House condition slipping, food running low
- Dad losing weight, not sleeping, or needing things repeated more
- He stops answering calls or answers strangely

Action: Family call same week. Someone visits within 2 weeks if possible. Mention changes to their doctor.

Red flags act within 24 hours

- Confusion, slurred speech, sudden memory gaps
- A fall, chest pain, or injury either one is shrugging off
- Mom's blood sugar out of control / Dad unsure of her insulin
- Dad says anything like "I can't do this anymore" or sounds hopeless

Action: Call them immediately. If unreachable, call the neighbor. If still nothing, call county sheriff for a welfare check.

When in doubt, escalate.

Confusion + diabetes + rural distance = do not play detective for three days.
Call, verify, and use neighbor / welfare-check options when needed.

3. If Dad Goes Down

Single-point-of-failure plan

If Dad is hospitalized, injured, or incapacitated, Mom cannot be alone. Decide the chain below before there is a crisis.

1 **First 24 hours:** Who is physically closest who can get to her?
Name: _____ Drive/flight time: _____

2 **First week:** Which family member can stay with her or bring her to them?
Name: _____

3 **Bridge care:** Home health agency near them that does short-notice care.
Agency + phone: _____ Research now - rural options are limited.

4 **Longer term:** If Dad is out for a month+, what is the plan?
Decision: _____

Also decide now: Who takes over Mom's insulin management on day one, and do they know the routine? If nobody but Dad knows it, fix that this month - write it down or record a quick walkthrough video.

4. Legal & Paperwork

Do within 60 days

Reason: Without these, hospitals and banks can stonewall the family during a crisis.

Documents to complete / locate

- Healthcare power of attorney - for BOTH of them, each naming the other + a backup child
- Financial power of attorney - for both
- Living wills / advance directives
- HIPAA release forms at each doctor's office naming you/siblings
- Know where these live: will, insurance policies, deed, bank info
- Location of all of it: _____

Tennessee-specific: forms are available free; an elder law attorney visit, roughly 1-2 hours, can set it up properly.

5. Reduce the Risk Now

Prevention beats panic

Get eyes on them

- Standing weekly call - same day, same time, non-negotiable
- Ask Mom's doctor about ordering home health visits
- Medical alert buttons for BOTH, fall detection, cellular-based
- Neighbor arrangement: someone notices if the truck hasn't moved

Get Dad relief

- Call TN Area Agency on Aging & Disability: 1-866-836-6678
- Ask about CHOICES if finances qualify
- Schedule Dad a full physical, hearing check, cognitive screen, depression screen
- Plan one real break for him this year - 3-4 days away

House prep

- Backup power plan for insulin refrigeration
- 2-week supply buffer of meds/insulin
- Winter plan: who checks when roads are bad?
- One-page Mom's daily care routine posted in the house

6. The Family Conversation

This year, not someday

Raise these gently before a crisis answers them for you. Best format: one-on-one, side by side, doing something. Not an intervention around a table.

Question 1: What does year 3 of this look like if Mom keeps declining?







Question 2: At what point do they move closer to family, or family moves help to them?

Question 3: What can they afford for paid help, and what can the family contribute?

Question 4: What does Dad actually want - has anyone asked HIM?

Quick Reference - Crisis Numbers

Print this page

Situation	Call
 Emergency	911 - give GPS coordinates
 Can't reach them	Neighbor → County Sheriff welfare check
 Caregiver support / respite	TN AAAD: 1-866-836-6678
 Poison / insulin overdose	Poison Control: 1-800-222-1222
 Dad in mental health crisis	988 - call or text
 TennCare CHOICES info	Via AAAD line above

Fridge rule

One copy belongs where emergency responders and neighbors can find it fast. The fridge is not fancy, but it is undefeated.