

What File of Life means.

Benefits to police officers

- Faster help for citizens in emergencies.
- Maximum use of officers' time.

Benefits to emergency rescue teams

- Instantly know medical history of patient.
- Corrective treatment can begin at once.

Benefits to hospital emergency staff

- On arrival, data is immediately available to medical staff.
- No wasted time getting information from a confused patient.

Benefits to each individual

- Peace of mind knowing they will have prompt and quality care.
- Easy access to potentially life-saving information.
- Assurance that proper persons will be notified quickly.
- Renewed sense of community spirit.

FILE OF LIFE® is recognized by:
TRIAD, The National Sheriff's Assoc.,
The National Council on Aging,
The National S.A.L.T. Council,
A.A.R.P. Chapters,
R.S.V.P. Chapters and
American Red Cross Chapters.

The File of Life program is active in 50 States and is implemented by Police, Fire, & Sheriff's Dept's., Civic Groups, Senior Services, Hospitals & Medical Organizations.

Instructions for using the **FILE OF LIFE**®

Fill out the medical card and be sure the information is accurate and legible. If necessary, have someone assist you.

Be sure to use pencil to fill in **MEDICATIONS** and **DATES** to make updating easy.

When completed, place the file on the outside face of your refrigerator.

Keep all medical data up to date.

Whenever there is a change in medications or dosage be sure to change it on your card and redate the card.

Take the file with you when you visit your doctor.

FILE OF LIFE® Foundation, Inc.

A Nonprofit Corporation Promoting Life Saving Ideas

Website: www.folife.org

**FILE
OF LIFE**



Every Second Counts

FILE OF LIFE Foundation, Inc.

A Nonprofit Corporation

MEMBER



Life is precious.

Every second counts. This statement is even more important in the midst of life-threatening situations.

An ambulance soars past traffic, sirens screaming and lights flashing, the medical technicians race toward the home of a senior citizen. When they arrive, the senior is unconscious and they have few facts to go on. Does the patient have any existing conditions? Is he taking any medications? Does he have allergies?

This frightening scenario is all too common for senior citizens and the EMT (emergency medical team) who treats them. That's why the FILE OF LIFE™, a mini-medical history posted on the outside of one's refrigerator and/or personally carried in a wallet or purse, was developed and is promoted by local Councils on Aging and TRIAD coordinators.

The FILE OF LIFE card enables medics to obtain a quick medical history when the patient is unable to offer one. "The card eliminates the risk of the patient, who, in a frightened state, may forget to mention something important," said Marilyn G. Ishler, Director of the South Hadley, Massachusetts Council on Aging.

The card, which is kept in a red plastic pocket labeled FILE OF LIFE, lists the patient's name, emergency medical contacts, insurance policy and social security numbers, health problems, medications, dosages, allergies, recent surgeries, religion, doctor's name and a health care proxy. The entire pocket is held, with a magnet, to the outside of the refrigerator.

What is the File of Life?

The FILE OF LIFE originated over twenty years ago in a slightly different form as the Vial of Life, which was to be kept inside the refrigerator. But the small vial, with a piece of paper containing medical information inside of it, kept getting lost. In addition, when moisture accumulated in the vial, the information became unreadable. "The emergency personnel don't have time to clean out the refrigerator to find the vial," said Ishler, who helped organize the program.

In addition to the FILE OF LIFE for the refrigerator, a compact version is also available for a person to carry in a wallet or purse. A card containing the same medical information is enclosed in the plastic case that is with the person at all times.

This personal wallet size version is an invaluable resource to emergency medical teams responding to critical, life-threatening situations. To have instant access to medical facts and data can make the difference when every second counts.

Words of faith for File of Life

The FILE OF LIFE provides a substantial preventive step that a person can take. Its visibility and readability ensure that emergency personnel can access it quickly when responding to a call.

Police officers and EMTs have assured us that the information contained in the FILE OF LIFE would not only be helpful, but potentially life-saving. Listing the person(s) to contact when an emergency occurs is of particular value to officers.

Imagine this scenario. An elderly woman has fallen and can't get up, but she manages to push her emergency alert button before passing out. What happens to the woman once the EMTs arrive if they cannot quickly figure out what her medical history is?

If the EMTs cannot determine how to best treat her, the emergency button may not have helped much.

Suppose, however, the medics had immediate access to her medical history—a FILE OF LIFE right there on her refrigerator door. This program is available today.

Across the nation, advocates and organizations for the elderly, teaming up with police, fire officials, emergency rescue units, life and health insurance businesses and local government personnel are supporting this simple idea.

The FILE OF LIFE's Board of Directors is well aware of what is necessary to help the elderly in emergency situations. They consist of a Chief of Police, Attorney, Sheriff, District Attorney, Council on Aging Director, Fire Chief, EMT Chief, State Senator, Certified Public Accountant, Life Insurance Actuary, Business Professional, Doctor and Hospital Administrator.

AARP • IACP • NSA

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TRIAD
and the
ELDERLY

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