

GO BAG

Prepare ahead with a **“GO BAG”** in case you need to leave your home unexpectedly. Preparing in advance allows you to take control when your thinking is clear and your nerves are steady:

- List of your important contacts, including your doctor
- List of your medications and medical problems
- Copy of your advance directive and power of attorney
- Copies of your insurance cards and ID
- Cell phone/tablet charger
- Personal items: change of clothing, socks, undergarments, glasses, hearing aids with batteries, etc.

Create a contingency plan and prepare your essentials to ensure your plan can be implemented at a moment's notice. Having a plan and a GO BAG will help you sleep better at night. You don't have to do this alone. Learn more at www.agingwisdom.com