

# Leave home prepared



Central Highlands  
Rural Health

- Medications
- Current list of medications
- Medicare card
- Pension card
- DVA card
- Private health insurance details
- Power of Attorney details
- Advanced Care Plan
- Toiletries
- Nightwear
- Change of clothing
- Phone and charger
- Hearing aid and glasses
- Walking stick or frame
- Continence aids
- Book, iPad, pen and paper

*Some people like to have a bag packed in case of an emergency*

*Please complete:*

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

GP: \_\_\_\_\_ Tel: \_\_\_\_\_

Specialist: \_\_\_\_\_ Tel: \_\_\_\_\_

Pharmacy: \_\_\_\_\_ Tel: \_\_\_\_\_

Next of Kin 1: \_\_\_\_\_ Tel: \_\_\_\_\_

Next of Kin 2: \_\_\_\_\_ Tel: \_\_\_\_\_

Medicare: \_\_\_\_\_

Pension number: \_\_\_\_\_