Who to Call, and the House Notes

The numbers and the house details a grandparent needs when a normal day goes sideways. Fill it in on a computer or print it and write by hand.

WHO TO CALL

Mom _____ **Dad** _____

Best number this week _____ **call or text** _____

Backup adult nearby _____ **phone** _____

Trusted neighbor _____ **phone** _____

Doctor / after-hours nurse line _____ **phone** _____

Dentist / orthodontist _____ **phone** _____

Pharmacy _____ **phone** _____

IN AN EMERGENCY

Family context for a capable adult, not medical or legal advice.

Urgent danger **Call 911 or your local emergency number first.**

HEALTH

Allergies _____ **what to do** _____

Medicines on hand, and where they live _____

Insurance or member ID (photo on the fridge) _____

HOUSE NOTES

Address (say it out loud once) _____

Door code or spare key _____ **alarm** _____

Wi-Fi network _____ **password** _____

Car seats: which car, front or back, the buckle trick _____

Pets: fed when _____ **walked when** _____ **vet** _____

Trash / recycling day _____ **Appliances and the door that sticks** _____