

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 _____ Thermostat, appliances, the door that sticks _____