

Bridging to Adulthood Tips: Organizing My Medical Information

Having key medical information handy is important for communicating during your regular medical appointments and in case of emergencies:

Options in case of emergencies:

- Wear a **medical alert bracelet**
Some programs may be subsidized e.g. MedicAlert [Outreach Programs](#)
- Keep an [emergency card](#) in your wallet
- Carry [My Health Passport](#) with key information in a secure place in your bag, backpack, purse or keep pictures of your My Health Passport in your cell phone
- Keep an updated **medication list** in your wallet, bag and/or on your phone

Options for regular medical appointments:

- Bring a **device with data** and your **account login info** to access electronic copies of your health records e.g. [Connect2Care](#), [MyChart](#), [MySunnybrook](#), [MyUHN](#) etc.
- Bring a **binder of key medical information** to your appointment (see sample on next page).

Other:

- **Ask your healthcare team** if there is any **information specific to your disabilities or medical conditions that you should carry in case of emergencies** or to regular appointments.

Looking for practical assistance? Sign up for the next Transition Pop-Up: Organizing My Medical Papers [event](#).

Sample Organization of a Medical Summary Binder	
Basic Information	<ul style="list-style-type: none"> • Demographics: e.g. name, birthday • Emergency wallet card and/or My Health Passport summary • Allergies • Copy of vaccination records • Extended health and dental coverage information if applicable • Substitute Decision Maker wallet card if applicable
My Service Providers	<ul style="list-style-type: none"> • Names, roles and contact information for service providers (primary care, home care, case management, medical specialists, therapy, mental health, community services etc.) • Or keep business cards in 3-ring binder plastic card organizer
Medications	<ul style="list-style-type: none"> • Medication list or printout from hospital/pharmacy
Diagnoses	<ul style="list-style-type: none"> • Medical or psychological reports confirming your disability, medical condition and/or mental health diagnoses if applicable • Psychoeducational testing if applicable • Other confirmation of diagnoses if applicable
Care Plan(s)	<ul style="list-style-type: none"> • Copies of current medical, nursing, homecare, mental health, behavioural, educational or other care plan(s) if applicable • Mental health safety plan or other crisis plan if applicable
Reports	<ul style="list-style-type: none"> • Documentation including personal and family history • Past surgical records or summary of past surgeries • Copies of most recent or pertinent medical, nursing, mental health, therapy, or other reports (from each specialty)
Labs and Test Results	<ul style="list-style-type: none"> • Lab work, tests or other results
Tracking or Monitoring Sheets	<ul style="list-style-type: none"> • Tracking or monitoring sheets e.g. templates from Surrey Place
Communication	<ul style="list-style-type: none"> • Communication access card if applicable • Bedside signage or vocabulary for emergency encounters
Equipment	<ul style="list-style-type: none"> • Summary of equipment, funding and/or vendor(s) as applicable
My Appointments	<ul style="list-style-type: none"> • Appointment or telephone/email log if useful • Appointment summary sheets if useful • Question lists if useful
Other	<ul style="list-style-type: none"> • Blank paper or notebook, pen attached to binder • Blank folder or envelope to keep loose papers • Other relevant additions if applicable

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific resources, programs or services, or as a comprehensive resource list.

This handout is brought to you by Holland Bloorview's Transitions Team
Contact: Laura Thompson, OT Reg. (Ont.), Team Lead & Occupational Therapist
416-425-6220 ext. 3686, lthompson@hollandbloorview.ca