

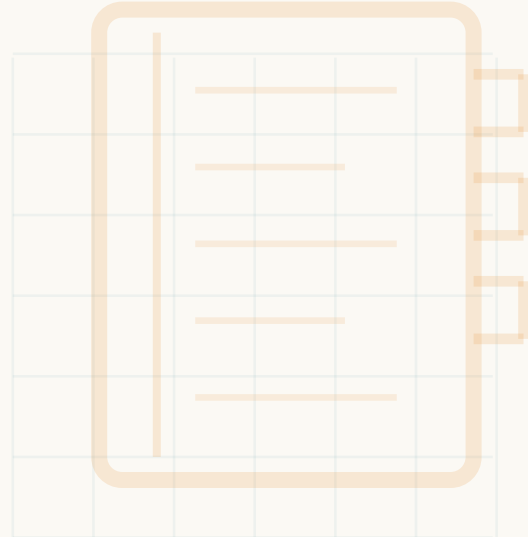


AN ARDENT WORKSHOP PRODUCT

Caregiver Quick Sheet

The one page to keep on the fridge — medications, allergies, and who to call.

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Keep this where anyone can find it

The one page to keep on the fridge, in a bag, or at the front of a care binder — the current medications, the allergies, and the people to call, all in one place. Fill it in pen and update it whenever something changes.

RECORD THE CARE — NOT THE CREDENTIALS

Write the care and where documents are kept — never a patient-portal login or a full member number. For resuscitation wishes, point to the signed advance directive; don't summarize them here.

This sheet is for (name)

Date of birth

Allergies (medication, food, other)

Blood type (if known) · conditions to know

Current medications

Medication	Dose	When it's taken	What it's for

Key people & where things are

Primary caregiver (name & phone)

Primary doctor (name & phone)

Pharmacy (name & phone)

Emergency contact (name & phone)

Healthcare power of attorney (name & phone)

Advance directive — where the signed copy is kept

THIS IS THE FRONT PAGE — THE BINDER IS THE REST

This quick sheet is the at-a-glance. The Caregiver / Aging-Parent Care Binder is where it all gets organized and kept current — a 10-tab workbook (Excel & Google Sheets) plus four guides: a fuller Care Summary, medications, appointments, the care team, insurance and coverage, a daily schedule, key contacts, and where the documents live. [Get it at ardentworkshop.com](https://ardentworkshop.com) >

A record-organizing sheet for coordinating care, not medical, legal, or financial advice, not a diagnosis or treatment plan, and not an advance directive or a Do Not Resuscitate order. Always defer to the treating clinician and pharmacist.

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