

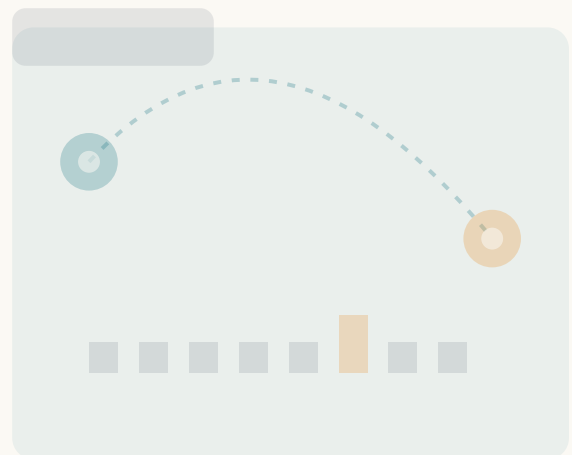


AN ARDENT WORKSHOP PRODUCT

Long-Distance Care Contact Sheet

Who to call, who is near your parent, and who has a key — in one place.

Free printable · fill it in and share it



Fill this in, print it, and put a copy where it will be found — on your parent's refrigerator, in your own bag, and in a photo on every sibling's phone. **Never write logins, PINs, account numbers, or a Social Security number on a page meant to be shared.**

Who this is for

This sheet is for (name, and what they like to be called)	
Date of birth	
Home address	
Their phone (and how they answer best)	

Call this person first

Point person — call this person first	
If you can't reach the point person	
Nearest person to the house (and do they have a key?)	
Preferred hospital	
Healthcare decision-maker on file, and where the document is kept	

Local helpers — the people who can be there today

Name	Who they are	Phone	What they cover	Key?

Providers and services

Name	Role	Phone	Hours / after-hours

THIS IS THE CONTACT LAYER — THE HARD PART IS KNOWING HOW YOUR PARENT ACTUALLY IS

A contact sheet tells you who to call. It cannot tell you how long it has been since anyone actually laid eyes on your parent, which weeks were calls only, which areas of care nobody owns, or which sibling is quietly carrying the most. That is what the full **Long-Distance Caregiving Coordination Binder** computes, from one shared check-in log. [See the full binder >](#)

A record-keeping sheet for a family, not medical, legal, or financial advice, and not a substitute for your parent's doctors, an attorney, or a licensed care manager. Free to use; please don't resell or redistribute. © Ardent Workshop LLC · ardentworkshop.com