

My ALS Communication Passport to Quality Care

Nursing, medical staff and caregivers, please look at my passport before you do any interventions with me. This document will help you better understand my care needs and preferences.

My Name _____

Neurologist _____ Phone _____

Pulmonologist _____ Phone _____

If you require emergency medical attention, please call 911 to access your local emergency services.



Things You Must Know About Me



These Things Are Important to Me



My Likes and Dislikes

**LES
TURNER
ALS
FOUNDATION**

lesturnerals.org



Things You Must Know About Me



Name

Preferred Name



Phone

Email

Address



Date of Birth



EMERGENCY CONTACT

Name

Relationship

Home Phone

Cell Phone

HEALTHCARE POWER OF ATTORNEY

Name

Phone

Location of Documents for Advanced Directive and Durable Power Of Attorney For Health Care



How I communicate/what language I speak



Things You Must Know About Me



My support needs and who gives me the most support



Who I live with



Religion

Religious needs



Primary Care Physician

Phone

Address



Other services/professionals involved with me



Things You Must Know About Me



Allergies



Medical interventions - how to take my blood, give injections, blood pressure, etc.



Breathing/heart problems

*If I am short of breath and/or have low SpO₂, **DO NOT** give me oxygen; I may need noninvasive positive pressure (bi-level unit) ventilation to expel CO₂. Oxygen will not help and may mask respiratory failure. **My lungs are healthy; my muscles, including my diaphragm, are weak.** If oxygen is indicated, it may be bled through BIPAP.*



Risk of choking, Dysphagia (eating, drinking, and swallowing)



What to do if I am anxious



Things You Must Know About Me



Current medications, vitamins and supplements



My medical history and treatment plan



These Things Are Important to Me



How to communicate with me



How I take medication (crushed tablets, injections, syrup, etc)



How you know I am in pain



Moving around (posture in bed, walking aids, wheelchair, etc)



These Things Are Important to Me



Personal care (dressing, washing, etc)



Seeing/Hearing (problems with sight or hearing)



How I eat food (food cut up, risk of choking, help with eating, etc)



These Things Are Important to Me



How I drink (drink small amounts, thickened fluids, etc)



How I keep safe (bed rails, support with challenging behavior, etc)



How I use the toilet (continence aids, help to get to toilet)



Sleeping (sleep pattern/routine)



My Likes and Dislikes



Things I do like

Please do this



Things I don't like

Please don't do this



Notes



Notes

Completed by

Date



Learn More

The Les Turner ALS Foundation exists to guide you to answers, support you and your loved ones and advance scientific research.

To learn more about living with ALS, visit LESTURNERALS.ORG/RESOURCES.

MY ALS DECISION TOOL™

If you have ALS, you will need to make some important decisions about your health care. As your disease progresses, your ALS care team may recommend different care options. You can use this tool to learn about some common ALS treatments, answer a few questions to help you think through what is most important to you and get ready to talk with your ALS care team about your options.

**MY ALS
DECISION
TOOL™**

To learn more, visit alsdecisions.org.

ALS LEARNING SERIES

Our online ALS Learning Series aims to empower the ALS community through the latest information and insights. Educational webinars and interactive Q&A's covering a diverse array of topics, from nutrition to respiratory care, are offered monthly featuring members of the Foundation's Support Services team, our Lois Insolia ALS Clinic at Northwestern Medicine and other national ALS experts.

**ALS
LEARNING
SERIES**

To learn more, visit alslearningseries.org.

MY ALS COMMUNICATION PASSPORT TO QUALITY CARE

My ALS Communication Passport to Quality Care was created to make your life easier. You will be able to share health information and care preferences with caregivers. You have a lot of information to keep track of, and this tool will help you do that.

**MY ALS
COMMUNICATION
PASSPORT
TO QUALITY CARE**

To find out more, visit lesturnerals.org/passport.

SUPPORT GROUPS

We facilitate support groups to provide people living with ALS, their caregivers and family the opportunity to share their experiences, give encouragement and help each other navigate their journey with ALS.



To find out more, visit lesturnerals.org/support-groups.