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

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
**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


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.

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.

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.

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.