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WHO TO CALL FOR HELP

Emergency contact information

Doctor:	
Name:	Phone(s):
Address:	
Health Insurance Notification/approval: *If you do not have a doctor in Valdez, Ca 4811.	
Backup doctor:	
Name:	Phone(s):
Address:	
Specialist:	
Name:	Phone(s):

Address:	
Specialist:	
Name:	Phone(s):
Address:	
Medical power of attorney:	
Name:	Phone(s):
Address:	
For information on medical pow	er of attorney, living will, etc., see p. 25.
Financial power of attorney:	
Name:	Phone(s):
Address:	
For information on financial pov	
Family member or friend to cont	act in emergencies:
Name:	Phone(s):
Address:	
Email:	Approved for medical disclosure YesNo
Backup family member or friend	to contact in emergencies:
Name:	Phone(s):
Address:	
Email:	Approved for medical disclosure YesNo
Clergyman:	
Name:	Phone(s):
Address:	

Email:	Approved for medical disclosure Yes	_No

PERSONAL INFORMATION

Legal name:	Gender:
Alternative name(s):	
Maiden name:	
Has there been a name change? Yes No	
If yes, what was the prior name used:	
Language: Citizenship:	
Residence address:	
Postal address:	
City, State, Zip code:	
Date of arrival in Alaska:	
Previous address if recently arrived:	.
Social Security number:	
Medicare number:	
Medicaid number:	
Veteran number:	
Railroad number:	
Alaska Native Regional Corp.:	
Village corporation:	
Place of birth:	
Date of birth:	
Date and place of marriage:	

Marital status:	Single Married _	Divorced	Widower/Widow	
Occupation:				
Family inform	ation:			
Significant othe	er:			
Address:				
Phone(s):				
Father's name:_				
Place of birth:_				
Mother's maide	n name:			
Place of birth:_				
Other family mo	embers: Relationship	Phone	Email	

PROVIDENCE VALDEZ MEDICAL CENTER ▶ PACKET I: PERSONAL INFORMATION
(Please add other names on back or separate piece of paper)

MEDICAL INFORMATION

Fill this section out as completely as possible. A friend or family member may have to send this information to another physician or hospital if you should be injured out-of-town, suffer from memory loss, etc. and/or to give to the person who has your medical power of attorney. Be sure to sign the legal paperwork at the medical clinic and Providence Valdez Medical Center to authorize a family member or friend to have access to your medical records and speak to your doctor.

Medical Contacts

Name of doctor (local):		
	Fax:	
	dez, call the Valdez Medical Clinic at 907-835-	
Name of doctor (previous, if new to	town):	
Phone:	Fax:	
Address:		
Phone:	Fax:	
Address:		
Phone:	Fax:	
Address:		
Phone:	Fax:	
Address:		

Dentist:			
	one:Fax:		
Address:			
Eye doctor:			
Phone:		Fax:	
Address:			
Other medical serv	vice providers:		
Name:		Specialty/service:_	
Phone:		Fax:	
Address:			_
Name:		Specialty/service:_	
Phone:		Fax:	
Address:			
Health history:			
Cancer	HTN	Hepatitis	Renal
Respiratory	Diabetes	Stroke	Muscle/bone
Cardiac	GI	Seizures	Mental health
Bleeding	Glaucoma	Weight change	ТВ
Depression	Memory problems	sOther:	
Alcohol use? Yes_	No How mu	uch? H	low long?
Tobacco use? Yes_	No Packs/da	у	
Chewing tobacco:	Yes No		
If father and/or mo	other deceased, cause	e of death:	

Allergies:		
Blood type:		
aspirin, nutritional supplem amounts and instructions for	ents including vitaming or taking them, such as etc. This is best done <i>ir</i>	over-the-counter drugs such as s, herbal remedies, etc.), dosage time of day, before or after a n pencil so it is easier to keep up
Medication	Dosage	Instructions for taking
Prescription for eyes: OD: _	O	S:

Prescription provider:		
Prescription provider:		
TB screening (PPD or X-ray)	date and location:	
Pneumococcal vaccine date	:	
Influenza vaccine date:		
Tetanus vaccine date:		
Shingles vaccine date:		
Other vaccines:	Date:	
Hospitalizations and surg	geries (date, location, re	eason):

Assistive devices in u	se:		
Wheel chairWalk	er <u> </u>		
Dentures:upperlo	owerGlasses	Diabetic pump	
Hearing aide:Right	Left		
Prosthesis:			
Other:			
Current specialist rep	orts and/or therapy	consults (if applicable):	
Specialist/therapist	Date	Results in notebook	
		_	
		_	
	-	_	
		_	
		_	
Notes:			

INSURANCE INFORMATION	
Types of insurance:	
Medicare #:	Medicaid #:
Medicaid waiver #:	Railroad #:
Veterans #:	Prescription drug:
Private insurance:	
1. Health insurance company:	
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Payment date:
Alternative insurance contact:	Phone:
2. Health insurance company:	
Agent:	Phone:
Policy number:	Location of policy:

Premium amount:	Payment date:
Alternative insurance contact:	Phone:
3. Life insurance company:	
Agent:	_Phone:
Policy number:	_Location of policy:
Premium amount:	_Payment date:
Cash surrender value:	
Automatic payment by credit card:Ye	sNo
Alternative insurance contact:	Phone:
Beneficiary:	Phone:
4. Long-term care insurance company:	
Agent:	_Phone:
Policy number:	_Location of policy:
Premium amount: [Due date:
Automatic payment by credit cardYes	No
Alternative insurance contact:	Phone:
5. Homeowner's insurance company:	
Agent:	_Phone:
Policy number:	_Location of policy:
Premium amount: [Due date:
Automatic payment by credit cardYes	No
Alternative insurance contact:	Phone:
6. Homeowner's second insurance compa	any:

Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit cardY	esNo
Alternative insurance contact:	Phone:
7. Business insurance company:	
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit cardY	esNo
Alternative insurance contact:	Phone:
8. Airplane insurance company:	
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit cardY	esNo
Alternative insurance contact:	Phone:
9. ATV insurance company:	
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit cardY	esNo
Alternative insurance contact:	Phone:

10. Automobile insurance company:	
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit card _	_YesNo
Alternative insurance contact:	Phone:
11. Automobile insurance company:	
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit card _	_YesNo
Alternative insurance contact:	Phone:
12. Boat insurance company:	
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit card _	_YesNo
Alternative insurance contact:	Phone:
13. Snowmobile insurance company	:
Agent:	Phone:
Policy number:	Location of policy:
Premium amount:	Due date:
Automatic payment by credit card	Yes No

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Alternative insurance contact:	Phone:	
14. Other insurance company:		
Agent:	Phone:	
Policy number:	Location of policy:	
Premium amount:	_ Due date:	
Automatic payment by credit card _	_YesNo	
Alternative insurance contact:	Phone:	

Long-term care insurance at a glance:

What is long-term care?

- Normal definition when a person needs care for cooking, laundry, bathing, etc.
- Insurance definition much narrower: person is unable to perform activities of daily living (ADLs e.g.): bathing, dressing, transferring (in and out of bed), toileting, continence and eating.

For how long do people need long-term care?

- One third of today's 65-year-olds will not need long-term care
- Majority will need for up to three years
- 20 percent will need more than five years

What does long-term care cost?

Costs vary in what is included

- National average \$67,525 annually
- Alaska \$300,000 or more annually

Who pays for long-term care?

- Individual, savings, life insurance, long-term care insurance
- Family 25 percent of adult children provide personal or financial care to parents
- Government

What can one expect the government to provide?

- Medicare pays about 12 percent of short-term home nursing care
- Medigap Medicare supplemental insurance (does not cover long-term care)
- Medicaid for low income, pays about 50 percent of nursing home costs;
 Miller Trust, Medicaid waiver

Providence Valdez Medical Center ▶ Packet I: Personal Information

• Other government programs – very little

Who should consider buying long-term care insurance?

- Family history of long-term debilitating diseases, diabetes, dementia, etc.
- No family to care for them
- Women, because they usually live longer than husbands and do not have as many financial resources
- With assets over \$50,000 (below will spend down to Medicaid quickly)

When should one buy long-term care insurance?

- the younger one is, the less the premium rate, but one pays longer before using
- before there is any sign of a long-term illness (uninsurable if wait too long)

When buying a policy, check what it covers and compare with others. Important features include:

- —Coverage
- —Deductible
- —Definitions
- —Period of coverage
- —Inflation protection
 - Check out how many customer complaints the company has received
 - Check out the insurer's history of premium hikes
 - Buy from a financially strong company

Notes:		

Additional resources:

AARP Long Term Care Information: 866-376-4470

Health is a collection of health-related products, service, and insurance programs made available by AARP. Neither AARP nor its affiliate is the insurer.

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AARP contracts with insurers and providers to make coverage and discounts available to AARP members. These plans and discounts carry the AARP name. Insurers and providers pay a royalty fee to AARP for use of the AARP intellectual property. Amounts paid are used for the general purposes of AARP and its members.

AARP and its affiliate are not insurance agencies or carriers and do not employ or endorse individual agents, brokers, producers, representatives or advisors.

AARP does not recommend health-related products, services, or insurance programs. Insurance products carrying the AARP name are intended to be competitive products and may not be the lowest priced products. You are strongly encouraged to evaluate your needs and compare products.

AARP Health Information: http://www.aarphealthcare.com

AARP Long term Care Insurance: 1) http://www.genworth.com/LongTermCare and 2) http://aarplongtermcare.genworth.com/google/ppc/nonfiling

Long Term Care Costs by State: 1) http://www.completelongtermcare.com/states/and

2) http://www.genworth.com/content/non_navigable/corporate/about_genworth/industry_expertise/cost_of_care.html

Guide to Long-Term Care Insurance: 20 page booklet by government, free download,

pdf format; http://publications.usa.gov/USAPubs.php?PubID=5879

CLASS Act Information: What is The CLASS Long-Term Care Insurance Program? http://www.aaltci.org/long-term-care-insurance/learning-center/CLASS-Act.php

Alaska Senior Voice: Older persons action group, good site for links to services http://02de505.netsolhost.com/OPAGSV2011/

American Association for Long-term Care Insurance: http://www.aaltci.org/about/ "American Association for Long-Term Care Insurance is the national professional organization exclusively dedicated to promoting the importance of planning for long-term care needs."

"Founded in 1998, the Association is the nation's leading independent, organization serving those who offer long-term care insurance and other planning solutions. Our members constitute the nation's most knowledgeable and committed professionals along with leading LTC providers."

The site has a lot of information on long-term care insurance for consumers. http://www.aaltci.org/long-term-care-insurance/

ACSIA Long Term Care, Inc.: http://www.acsia.com/home/

"ACSIA®, a managing general agency, works closely with the top LTCi companies, complementing their customer service.

Through our excellent carrier relationships we mutually serve customers and agents alike."

The Resources page has frequently asked questions and links to many other sites. The Carriers page discusses choosing a carrier and lists those in their portfolio. Tom, the Alaska agent, has been most helpful.

BANKING AND FINANCIAL INFORMATION

Banks and credit cards:

1. Name of bank:	Name on account:		
Address:			
Contact person:	Phone:		
Type of account and number:			
Personal checking:	Business checking:		
Savings:	Loan:		
Credit/debit card #:	Payment due:		
Certificate of deposit:	Safe deposit box:		
Financial power of attorney:	Phone:		
Other/notes:			
2. Name of bank:	Name on account:		
	Phone:		
Type of account and number:			
Personal checking:	Business checking:		
Savings:	Loan:		
Credit/debit card #:	Payment due:		
Certificate of deposit:	Safe deposit box:		
Financial power of attorney:	Phone:		
Other/notes:			

Additional credit cards Credit card company: _____ Credit/debit card #: _____ Payment due: Credit card company: _____ Credit/debit card #: _____ Payment due: Credit card company: _____ Credit/debit card #: _____ Payment due: Investments – stocks and bonds: 1. Stock broker: ______ Name on account: _____ Contact person: ______ Phone: _____ Other/notes: _____ 2. Stock broker: Name on account: Address: _____ Contact person: ______ Phone: _____ Other/notes: _____ 3. Stock broker: ______ Name on account: _____ Address:_____ Contact person: ______ Phone: _____ Other/notes: _____

Accountant:		
Name:	P	Phone:
Address:		
E-mail:		
Other/notes:		
Real Estate:		
1. Location and desc	cription of property:	
State:	City/county:	Lot number:
Address:		
	mortgage papers or ownership st	
	Undeveloped:	
Buildings:		
Rental:	Vacant:	Sold carrying:
Name of purchaser/	renter/agent:	
Phone:		
Address:		
Notes:		
2. Location and desc	cription of property:	
State:	City/county:	Lot number:
Address:		
	mortgage papers or ownership st	
	Undeveloped:	

Buildings:		
Rental:	Vacant:	Sold carrying:
Name of purchaser/rer	nter/agent:	
Phone:		
Address:		
Notes:		
Pension and other re	etirement benefit sum	maries:
Pension:		
Other sources of inc	ome (if entered elsewher	re, give page reference):
Income sources	Amount	Monthly, yearly or location
Alimony		
Annuities		
Burial policy agreemer	nt 	
Book royalties		
Cash on hand		
Certificate of deposit		

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Trust funds			
Expenses	Amount	Due date	
Rent			
Mortgage			
Mobile home rent			
Space rent			
Storage rent			
Heat (gas, propane, wood)			
Water			
Telephone			
Electricity			
TV			
Property taxes			
Condo/association fees			
Credit card fees			
Insurance payments			
Stock broker fees			

Income tax records:

Put copies of the last five years of your income tax statements here in the notebook, or indicate where they can be readily located. These will be necessary when/if applying for various financial programs.

Other resources:

Eldercare, Pick up the Pace. A consumer guide designed to educate boomers about financial and retirement planning choices and to help them secure their financial outlook for the future.

http://www.eldercare.gov/Eldercare.NET/Public/Resources/Brochures/Index.aspx

Consumer Reports, A plan for charitable bequests, your heirs will benefit more from your appreciated assets than your IRA. November 2011.

LEGAL INFORMATION

It is possible that as we grow older we will lose our short and long-term memories and be unable to handle our financial matters, such as remembering to pay bills, or to express our end-of-life choices. For this reason, Alaska laws permit people to give a family member or close friend a financial power of attorney, durable power of attorney for health care (AS 13.26.325) and health directives (living will, AS 18.12.010). It is also advisable to have a will.

There are many websites with information on how to create these documents. Some are noted below. However, it is also advisable to consult an attorney who specializes in elder law. Below is a list of Alaska elder law specialists. Since laws vary from state to state, if you move to another state it is advisable to have your legal documents checked to make sure they are valid there.

Alaska elder law specialists:

Company/organization	Phone	Category	Focus
Alaska Court Probate	907-264-0433	Legal	Guardianship
Alaska Bar Association Alaska Lawyer Referral	907-272-0352 1-800-770-9999		Estate Planning; nily law; ardianship
Amrit Kaur Khalsa	907-277-1595	Legal gu	Estate planning; ardianship; family law; vulnerable adult
District Court Probate	907-264-0435	Legal	Guardianship
Ernie Schlereth	907-272-5549 1-800-372-5549		Estate Planning; ardianship; Inerable adult
Holly Handler/Alaska Legal Services	907-586-6425	Legal vulne	Estate planning; guardianship; rable adult
Illona Bessenyey	907-278-2000		Estate planning; dianship; rable adult

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Jones & Colver LLC	907-272-6511		Estate planning; dianship; rable adult
Kenneth C. Kirk	907-279-1659	_	Estate planning; dianship; rable adult Advance Medical Directives
Probate Court Una S. Gandbhir	907-264-0433 907-256-7333	Legal Legal	Guardianship Estate planning; guardianship; vulnerable adult
Vance Sanders	907-586-1684	Legal	Estate planning; guardianship; vulnerable adult

Meeting with an attorney

- 1. How to prepare for meeting with an attorney—checklist of documents to gather
 - a. Itemized list of all assets including current value, names of owners or account holders
 - b. Copies of all estate planning documents, including wills, trusts, powers of attorney
 - c. Copies of all deeds to real estate
 - d. Copies of recent tax returns
 - e. Life insurance policies and cash values
 - f. Health insurance policies and benefit booklet
 - g. Admission agreements to any health care facilities
 - h. List of names, addresses, telephone numbers of involved family members or care givers including financial planners and/or accountants
- 2. What to discuss with your lawyer
 - a. Options for health care decision-making for your loved one
 - b. Options for managing the person's property
 - c. Possible coverage of long-term care services, including what is provided by Medicare and other health insurance
- 3. Terms your lawyer may use
 - a. Agent person given legal authority to make financial decisions
 - b. Assets personal possessions of value including cash, bank accounts, real

Providence Valdez Medical Center ▶ packet i: personal information

estate, vehicles and investments

- c. Durable valid even after the person can no longer make his or her own decisions
- d. Trustee the individual or bank chosen to manage the assets in the living trust
- e. Trustor/grantor the person with dementia for whom a living trust is created.

4. Quick tips

- a. All those named in the power of attorney document need a copy of, and access to, the original document
- b. Name a successor agent for power of attorney
- c. Consider a neutral third person as an agent, if family members don't get along
- d. Give copies of power of attorney and living will to health care providers
- e. See if agent for health care has consent to a brain autopsy in cases of dementia
- f. Consider choosing a bank to manage the estate if family lacks time or expertise

Online legal resources:

Alaska Law Help:

Alaska Law Help provides legal self-help information for seniors in such topics as caregiver information, employment discrimination, elder abuse, grandparent custody and visitation, health care, long-term care, home care options, nursing homes, Medicare, money and banking, taxes and wills. Alaska Law Help is a project of Alaska Legal Services Corporation in collaboration with community partners and advocacy groups, Pro Bono Net, and the Legal Services Corporation. http://www.alaskalawhelp.org

Anchorage Law Office: 1016 W. 6th Ave., Suite 200, Anchorage, AK, 99501. 907-272-9431. Toll-free outside Anchorage, 1-888-478-2572. Fax, 907-279-7417. E-mail: anchorage@alsc-law.org

Alaska Legal Services Corporation, http://www.alsc-law.org/ Alaska Legal Services Corporation (ALSC) is a private, nonprofit law firm established in1967 that provides free civil legal assistance to low-income Alaskans to:

- Help resolve serious legal problems of low-income Alaskans
- Promote family, social and economic stability by upholding the rule of law
- Reduce the legal consequences of poverty
- Improve the quality of life for our children, our families, the elderly and disadvantaged and our community.

Durable Financial Power of Attorney: How it Works: http://www.nolo.com/legal-encyclopedia/durable-financial-power-of-attorney-29936.html

Medlaw, Alaska Legal Information, Last Will and Testament Statutes, contains Alaska legal information on who may make a will, execution and signature, witness and place to order forms on-line.

http://www.medlawplus.com/library/legal/states/alaska.tpl?page=lwt.

Pradell & Associates, Attorneys at Law, http://www.alaska.net/~pradell

907-279-4529, alaskanlawyers@gmail.com

Articles on living trusts, senior fraud, seniors who divorce or remarry, special wills, estate and life planning issues, power of attorney, age discrimination, trusts, wills, The Ability to Make Special Bequests Apart from Your Will, Grandparent's Rights, Injured Seniors, Elder Abuse, etc.

State of Alaska Health & Social Services, Advance Health Care Directive (Living Will). Advance Health Care Packet contains a form allowing you to give advance instructions about your own health to the extent allowed by law and also the right to name someone else to make health care decisions for you to the extent allowed by law. It also allows you to express your wishes regarding the designation of your health care provider.

dhss.alaska.gov/dph/Director/Documents/advancedirector.pdf

Health care directives:

Compassion and Choices, web site: compassionandchoices.org Many health care directives do not include a directive for dementia. This is one you can add to any health care directive.

Compassion & Choices, Letter to My Doctor Concerning Decisions to be made at the End

of My Life. This letter tells your doctor your end-of-life health care wishes and opens up a conversation on the topic. Some doctors have religious or personal reasons for not wishing

to follow the provisions of a living will. This letter opens up the opportunity for you to have that discussion with your doctor. In some cases, you may wish to choose another doctor.

Health care power of attorney.

http://www.hss.state.ak.us/dsds/pca/documents/POAPCAchoices.pdf

LOCATION OF IMPORTANT PAPERS:

In the space provided, indicate the location of important papers by using the following letters: (T) Transition manual (S) safe deposit box (location) (A) Attorney name: Phone: (F) Family member name: Phone: (W) Work safe (H) home safe (location) (SR) Storage room (location): Other: indicate location by item (for example, on wife's home computer, blue filing box in bedroom or add a sheet with more specific information such as address of trailer court where second home is located and manager's phone number, etc.) ____ Adoption papers ____ Airplane ____ Airplane title ____ Airplane insurance policy ____ ATV ____ ATV insurance policy ____ ATV title ____ Automobile(s) Automobile titles Automobile insurance policies Bills of sale Birth certificates _____ Boat _____ Boat insurance policy Boat title _____ Burial/cremation plans Business accounts _____ Business entity papers Cemetery deed Coins, collectibles Credit card numbers Divorce decree Death certificates _____ Employee benefit records _____ Funeral plans _____ Funeral arrangements prepaid

Health insurance cards	Health care directive
Investments	Jewelry
Life insurance policy	Long-term care policy
Marriage certificate	Military discharge papers
Mortgage notes	Naturalization papers
Paintings	Partnership agreement
Payroll check stubs	Prenuptial agreement
Second home	Social Security papers
Snowmobile insurance	Snowmobile title
Survivor benefits guide	Tax returns and receipts
Trust/will documents	Veterans records
Other important property and record	s
Notes:	

PROVIDENCE VALUEZ IVIEDICAL CENTER PACKET I. PERSONAL INFORMATION				
	_			
	_			
	_			
	_			