­**Making a Medical Plan During COVID-19**

Version 3/26/20

**We are all in this together. You can do your part by making a medical plan.**

**This plan can help you, your family, friends, and your medical providers**

**\*\*If you need help with other needs, such as food or housing call: 415-355-6700**

**Plan for Medications:**

* Make a list of your medications and keep it on hand
* Look ahead and call your clinic or hospital if you need a refill
* Call your pharmacy to see if your medicines can be sent to your home

**Plan for Your Medical Wishes:** Keep this information on hand

**1. Choose a medical decision maker**

* This person will speak for you if you cannot speak for yourself
	+ They can make sure your doctors know about the care you want
	+ Keep their phone number on hand
	+ If able, choose a back-up medical decision maker
* A good medical decision maker is someone who:
	+ Can talk to the doctors for you in person or by phone
	+ You trust to follow your wishes and what is best for you
* Let your medical decision maker know they were chosen
	+ This website can show you how: [prepareforyourcare.org](http://www.prepareforyourcare.org)

**2. Share Your Wishes: This is MOST important**

* What is most important in your life? Family, pets, hobbies, etc.?
* If you know what you want for your medical care, share this now
* Talk with your family, friends, and medical providers about the care you want
	+ This website can show you how: [prepareforyourcare.org](http://www.prepareforyourcare.org)
* You can share what you want by phone and/or a selfie video
	+ You can also talk to others by video call: [Click here to learn more](https://techcrunch.com/2020/03/23/the-best-video-chat-apps-to-turn-social-distancing-into-distant-socializing/)

**3. Consider an advance directive.** This form allows you to name your decision maker and write down what you want for your medical care.

* If you have an advance directive, find it, review it, and share it
* To get a form go here: <https://prepareforyourcare.org/advance-directive>
	+ It is OK if you can’t sign it or get witnesses right now
		- Reading it can still help you learn a lot about your wishes
		- Filling out parts of it can still help your family and providers
	+ You can scan/fax (the most secure), email, or even send pictures of the form from your cell phone to those you trust
* Choose someone who could take care of your pets if needed

**Plan for Your Pets:**

* Call your pet store as they may deliver pet food and supplies to your home
* If you have questions about your pets or need help, call:
	+ The San Francisco SPCA 415-554-3000
	+ San Francisco Animal Care and Control: 415-554-6364

**Plan for Your Money and Bills:**

* Choose someone who could help with your money and bills if needed
* To make sure this is safe, you can call for legal help at 1-800-474-1116

or visit lawhelp.org

* + Lawyers can also help if you do not have someone to help with bills
	+ Some of these legal services may be free
	+ Beware of scams: Do not pay for services your doctor did not order
		- Do not give strangers information about your money
		- If you get Social Security, your money will still come.
			* To learn more, visit www.ssa.gov/coronavirus/

**Plan for a Hospital Visit:**

Bring what you may need from home. Family and friends may not be able to visit.

* **Papers and information:**
	+ Phone numbers for your medical decision maker
		- Write it down in case medical providers cannot access your contacts
	+ List of medications (or better yet, your pill bottles)
	+ Your advance directive or medical wishes
	+ Plans for your pets or bills while you are away
* **Equipment**:

If you use any of the following, plan to bring them with you:

* + Glasses, hearing aids, dentures, mobility devices
		- These are often lost in hospitals, so guard them
	+ Phone, tablet and/or computer and their chargers
		- This can help you stay connected to family and friends
	+ Ear plugs, sleep mask, toothbrush, books, or clothes from home
	+ Bring food, water, and medication you may need for a long wait

**COVID-19 planning may be different from other planning you are used to:**

* You may not be able to talk to your regular doctor in person, only by phone
* Many people are getting very sick and going to the hospital
* If you need to go to the hospital:
	+ Your family may not be allowed to visit you. Remember your phone and charger.
	+ You may be taken to a different hospital than where you get your care
* People with COVID-19 may get so sick they need a [breathing machine (ventilator)](https://coalitionccc.org/wp-content/uploads/2019/01/Ventilator-2018-WEB.pdf) for many weeks in the ICU. They cannot talk when on the machine.
	+ Even with a breathing machine, many people will not survive
	+ For people who survive, their health and quality of life may never be the same

To learn about COVID: Go to this [San Francisco website](https://sf.gov/information/outreach-toolkit-coronavirus), the [CDC website](https://www.cdc.gov/coronavirus/2019-ncov/index.html) or watch this [video](https://acpdecisions.wistia.com/medias/rgbuphegzi)

To learn about medical decisions, such as a [breathing machine or CPR go here](https://coalitionccc.org/tools-resources/decision-aids/) ­

To learn about help for [food, shelter, or bills go here](https://www.uchastings.edu/wp-content/uploads/2020/03/Addressing-Social-Needs-During-Pandemic-PDF.pdf) for California or this [national resource](https://www.npaf.org/)