

# Midwest Geriatrics, Inc.

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## Planning Ahead

### The senior should:

- Stay current on doctor appointments
- Make sure your medical records are accessible
- Keep an updated list of current prescriptions
- Know and document your likes and dislikes
- Confirm your “Hospital of Choice”
- Confirm your “Care Community of Choice”
- Be familiar with your finances and plan accordingly
- Ensure insurance information is up to date and accurate
- Designate a family “point person” or Power of Attorney
- Complete a living will, advanced directives, funeral arrangements, etc.
- Inform POA where all information will be kept

## Once Admitted to the Hospital

### The family “point person” or POA should:

- Remain involved in the process
- Encourage support from other family members
- Keep the lines of communication open
- Be accessible to hospital staff, especially social workers or discharge planners
- Offer several phone numbers of family members who can make decisions

## Making the Move

### The family “point person” or POA should:

- Make sure the hospital has provided the following information to the care community: History & Physical, Medication List, Treatment Sheets
- Pack at least one week’s worth of clothing for their loved one
- Pull together items to decorate their new room (We recommend decorating the room prior to their loved one seeing it for the first time)
- Bring Medicare & insurance cards, POA information and confirm payer source
- Know your loved one’s finances
- Get to know the staff caring for your loved one
- Don’t bring any medications unless asked to do so
- Visit often, especially immediately following your loved one’s move