

# Bridging to Adulthood Tips: Organizing My Medical Information

Having key medical information handy is important for communicating during your regular medical appointments and in case of emergencies:

## Options in case of emergencies:

- Wear a **medical alert bracelet**  
Some programs may be subsidized e.g. MedicAlert [Outreach Programs](#)
- Keep an [emergency card](#) in your wallet
- Carry [My Health Passport](#) with key information in a secure place in your bag, backpack, purse or keep pictures of your passport in your cell phone
- Keep an updated **medication list** in your wallet, bag and/or on your phone

## Options for regular medical appointments:

- Bring a **device with data** and your **account login info** to access electronic copies of your health records e.g. [Connect2Care](#), [MyChart](#), [MySunnybrook](#), [MyUHN](#) etc.
- Bring a **binder of key medical information** to your appointment (see sample on next page).

## Other:

- **Ask your healthcare team** if there is any **information specific to your disabilities or medical conditions that you should carry in case of emergencies** or to regular appointments.

This handout is brought to you by Holland Bloorview's Transitions Strategy  
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<b>Sample Organization of a Medical Summary Binder</b>	
<b>Basic Information</b>	<ul style="list-style-type: none"> <li>• Demographics: e.g. name, birthday</li> <li>• <a href="#">Emergency wallet card</a> and/or <a href="#">My Health Passport</a> summary</li> <li>• Allergies</li> <li>• Copy of vaccination records</li> <li>• Extended health and dental coverage information if applicable</li> <li>• Substitute Decision Maker <a href="#">card</a> if applicable</li> </ul>
<b>My Service Providers</b>	<ul style="list-style-type: none"> <li>• Names, roles and contact information for service providers (primary care, home care, case management, medical specialists, therapy, mental health, community services etc.)</li> <li>• Or keep business cards in 3-ring binder plastic card organizer</li> </ul>
<b>Medications</b>	<ul style="list-style-type: none"> <li>• Medication list or printout from hospital/pharmacy</li> </ul>
<b>Diagnoses</b>	<ul style="list-style-type: none"> <li>• Medical or psychological reports confirming your disability, medical condition and/or mental health diagnoses if applicable</li> <li>• Psychoeducational testing if applicable</li> <li>• Other confirmation of diagnoses if applicable</li> </ul>
<b>Care Plan(s)</b>	<ul style="list-style-type: none"> <li>• Copies of current medical, nursing, homecare, mental health, behavioural, educational or other care plan(s) if applicable</li> <li>• Mental health safety plan or other crisis plan if applicable</li> </ul>
<b>Reports</b>	<ul style="list-style-type: none"> <li>• Documentation including personal and family history</li> <li>• Copies of most recent or pertinent medical, nursing, mental health, therapy, or other reports (from each specialty)</li> </ul>
<b>Labs and Test Results</b>	<ul style="list-style-type: none"> <li>• Lab work, tests or other results</li> </ul>
<b>Tracking or Monitoring Sheets</b>	<ul style="list-style-type: none"> <li>• Tracking or monitoring sheets e.g. <a href="#">templates</a> from Surrey Place</li> </ul>
<b>Communication</b>	<ul style="list-style-type: none"> <li>• <a href="#">Communication access card</a> if applicable</li> <li>• Bedside signage or <a href="#">vocabulary for emergency encounters</a></li> </ul>
<b>Equipment</b>	<ul style="list-style-type: none"> <li>• Summary of equipment, funding and/or vendor(s) as applicable</li> </ul>
<b>My Appointments</b>	<ul style="list-style-type: none"> <li>• Appointment or telephone/email log if useful</li> <li>• <a href="#">Appointment summary sheets</a> if useful</li> <li>• Question lists if useful</li> </ul>
<b>Other</b>	<ul style="list-style-type: none"> <li>• Blank paper or notebook, pen attached to binder</li> <li>• Blank folder or envelope to keep loose papers</li> <li>• Other relevant additions if applicable</li> </ul>

The information provided in this handout is for reference only. It is not intended as a recommendation or endorsement of specific resources, programs or services, or as a comprehensive resource list.