

What is the File of Life?

The **FILE OF LIFE** card enables medics to obtain a quick medical history when a patient is unable to offer one. "The card eliminates the risk of a patient, in a frightened state, forgetting to mention something important," said M. G. Ishler, Director of the South Hadley, MA, Council on Aging.

The card, which is kept in a red plastic pocket labeled **FILE OF LIFE**, lists the patient name, emergency medical contact, insurance policy, social security number, health problems, medications, dosages, allergies, recent surgery, religion and a health care proxy. The entire pocket is held with a magnet to the outside of the refrigerator.

The Manchester Council on Aging is able to offer these **FILE OF LIFE** pockets due to the generosity of the Friends of the Council of Aging. If you would like a **FILE OF LIFE** pocket or an updated card, please contact the Manchester Council on Aging at (978) 526-7500.