



Preparing a treatment tote bag

Some treatment sessions will require a lot of time. You may feel discomfort, bored or anxious during the treatment. Preparing a bag to take with you may provide comfort during these sessions.

SOME GOOD THINGS TO BRING:

- Sweater and comfortable clothes
- Bootie socks or slippers
- Scarf, bandanna or cap
- Blanket and pillow

- Music player and headphones
- Reading materials
- Crossword or other puzzles
- Deck of cards
- Notepad or journal and pen
- Stress ball

- Lip balm
- Water bottle
- Body lotion
- Peppermint or other calming teas
- Cookies, crackers or other snacks



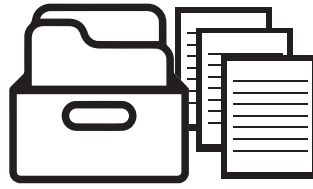
NOTES:

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Storing records

TYPE OF DOCUMENT

GUIDELINES FOR WHERE TO STORE DOCUMENTS

(May vary from state to state)

Directives concerning minor children

Originals: In your possession and with the named guardian

Copies: With your attorney

DNR Order (Do Not Resuscitate)

Originals: In your possession and with the health care provider

Copies: With the representative or agent you have designated to act on your behalf or a close family member (next of kin). *Next of kin is defined differently in each state but the legal order is usually: 1) Spouse 2) Children 3) Grandchildren 4) Siblings 5) Nieces or Nephews.*

Durable power of attorney for financial affairs

Duplicate Signed Originals: In your possession and with your attorney

Copies: With your appointed representative and alternate(s)

Durable power of attorney for health care

Duplicate Signed Originals: In your possession and with your representative and attorney

Copies: With your primary care provider, pharmacist, nursing home and/or hospital; in addition, talk with close relatives about your wishes

Living will

Duplicate Signed Originals: In your possession, with your health care provider, and representative

Copies: Other copies are not needed, but talk with close relatives about your wishes

Out-of-Hospital DNR

Duplicate Signed Originals: In your possession and where the hospice patient resides; and with the health care provider

Copies: With your representative and or close relative(s); in addition, talk with close relatives about your wishes

Revocable living trust

Duplicate Signed Originals: In your possession and with your attorney

Copies: With your trustee

Will

Duplicate Signed Originals: In your possession and with your attorney

Copies: In a safe place that your representative can access