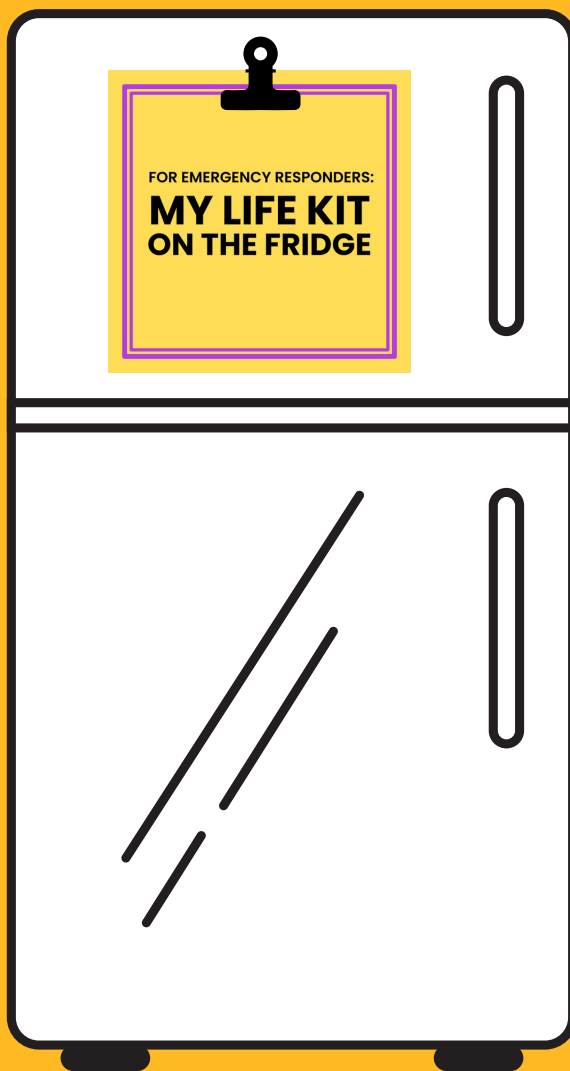




BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ...Together.

MY LIFE KIT

My life saving information for Emergency Responders



Place MY LIFE KIT on the fridge with magnet

Place one sticker decal
on the fridge, and one
decal by the front door
inside the home.

Ideal for seniors, people
with chronic illnesses, and
people who live alone.

This kit contains:

- Blank forms for personal and medical details
- Pages with emergency numbers for your use
- A blank Do Not Resuscitate (DNR) form
- A blank Representation agreement (for someone to speak for your healthcare needs if you are unable)
- A magnet for placing the kit on the fridge
- 2 sticker decals, one for the fridge and one for near your front door

Recommendations:



Update your information whenever you have any changes. It is recommended that you review this information each year on your birthday.



It is recommended to have a 'Do Not Resuscitate' (DNR) and a Representation Agreement (for someone to speak for your healthcare needs if you are unable).

DISCLAIMER

Marpole Oakridge Family Place and the BC Association of Community Response Networks bear no responsibility for the information provided in or excluded from this kit. The kit owner has sole responsibility for the information included or excluded from the kit and is responsible to ensure it is current and accurate.

This kit has been provided to you by Marpole Oakridge Family Place and the BC Community Response Network.

Marpole Oakridge Family Place

The Marpole Oakridge Family Place is a not-for-profit organization supporting the well-being of the Marpole Oakridge community since 1978.

Our services include

for children, parents, grandparents, caregivers – a safe, fun, educational place for community and personal connection

for elders and adults – supports, essential services, referrals, social connections

for learners for all ages – social literacy programs, training courses, English skills

for newcomers – support, resources, referrals, and introductions

Contact us:



seniors@mofp.org



www.mofp.org



604-263-1405



BC Community Response Network



www.bccrns.ca

The BC Community Response Network is a provincial network working to stop elder abuse and neglect across British Columbia. Marpole Oakridge Family Place hosts a chapter of the BC Community Response Network. Seniors and their friends and acquaintances may reach out to Marpole Oakridge Family Place for help when abusive situations arise.

Free training is available to help everyone understand elder abuse and neglect, to recognize situations in the community and to know how and where to report it.

- **Financial abuse:** family or others control or use a seniors' money
- **Physical abuse:** hitting, punching, spitting or otherwise injuring a senior
- **Sexual abuse:** forced sexual activity with a senior who does not or cannot give consent
- **Emotional abuse:** humiliating, shaming, threatening and intimidating a senior
- **Cultural abuse:** isolating a senior from their customs and faith, and discrimination
- **Elder neglect:** when a senior is left alone for extended periods and not provided with the necessities of life, such as food, water, medicine, medical care, and social engagement
- **Self-neglect:** a person fails to or is unable to care for their physical or mental wellbeing and this results in harm, declining health and loss of assets and money

World Elder Abuse Awareness Day is recognized every year on June 15



1. Fill out this LIFE KIT completely and legibly (Get assistance if required)
2. When complete, place in plastic sleeve that is provided
3. Place "MY LIFE KIT ON THE FRIDGE" decal on the outside of your fridge and your LIFE KIT beside it with the magnet provided. Place the second decal by front door inside the home.
4. **Consider filling in a Do Not Resuscitate (DNR) and a representation agreement. These forms are included in your MY LIFE KIT. You can ask for help to fill them out. Signature must be original.**

KEEP THIS INFORMATION UP TO DATE

Date Filled In (YYYY-MM-DD)		Date Updated (YYYY-MM-DD)	
First Name & Preferred Name		Middle Name	Last Name
Sex <input type="checkbox"/> Male <input type="checkbox"/> Female		Marital Status <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Widow(er)	
Address (house/unit number & street name)		Apartment (building name)	
City/Town	Province	Postal Code	
Telephone Number	Birth Date (YYYY-MM-DD)		
BC Care Card Number	Extended Health Care Provider, if subscribed	Extended Health Care Number	
Do you wear a medical tag? <input type="checkbox"/> Yes <input type="checkbox"/> No	Mobility, Do you use any of the below? <input type="checkbox"/> Cane <input type="checkbox"/> Wheelchair <input type="checkbox"/> Power Wheelchair <input type="checkbox"/> Scooter		
Family Doctor's Name		Family Doctor's Phone Number	
Do you speak English? <input type="checkbox"/> Yes <input type="checkbox"/> No	If not, Mother Tongue	Pharmacy	
Do you wear contact lenses? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Glasses	Do you wear dentures? <input type="checkbox"/> Yes <input type="checkbox"/> No	Blood Type	
DO YOU USE BLOOD THINNERS? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Do you have:			
<input type="checkbox"/> Aids	<input type="checkbox"/> Cancer	<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Hepatitis
<input type="checkbox"/> Alzheimer's/Dementia	<input type="checkbox"/> COPD	<input type="checkbox"/> Glaucoma	<input type="checkbox"/> Kidney Disease
<input type="checkbox"/> Asthma	<input type="checkbox"/> Diabetes (Type 1)	<input type="checkbox"/> Hearing Problems	<input type="checkbox"/> Liver Disease
<input type="checkbox"/> Blood Pressure (high)	<input type="checkbox"/> Diabetes (Type 2)	<input type="checkbox"/> Heart Trouble	<input type="checkbox"/> Lung Trouble
<input type="checkbox"/> Prostate Problems	<input type="checkbox"/> Stomach/Bowel Disease	<input type="checkbox"/> Urinary Tract Infection	

KEEP THIS INFORMATION UP TO DATE

Name (Primary Contact) *CONTACT PERSON FOR DNR AND/OR REPRESENTATION AGREEMENT* IF YOU HAVE ONE	
Telephone Number	Relationship
Name (Secondary Contact)	
Telephone Number	Relationship

KEEP THIS INFORMATION UP TO DATE

What are you currently being treated for? Please list below.

Past Surgery: Please list surgery history below.

Allergies

--

KEEP THIS INFORMATION UP TO DATE

Medication	Dosage	Date Prescribed

*Are you allergic to any Medications: If yes, which ones?

--

*Are you an Organ Donor? **Yes** **No**

*Do you have a DNR Document or Representation Agreement - Enclose Original (Signature must be original) **Yes** **No**



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KEEP THIS INFORMATION UP TO DATE

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First Name & Preferred Name		Middle Name	Last Name
Sex <input type="checkbox"/> Male <input type="checkbox"/> Female		Marital Status <input type="checkbox"/> Married <input type="checkbox"/> Divorced <input type="checkbox"/> Single <input type="checkbox"/> Widow(er)	
Address (house/unit number & street name)		Apartment (building name)	
City/Town	Province	Postal Code	
Telephone Number	Birth Date (YYYY-MM-DD)		
BC Care Card Number	Extended Health Care Provider, if subscribed	Extended Health Care Number	
Do you wear a medical tag? <input type="checkbox"/> Yes <input type="checkbox"/> No	Mobility, Do you use any of the below? <input type="checkbox"/> Cane <input type="checkbox"/> Wheelchair <input type="checkbox"/> Power Wheelchair <input type="checkbox"/> Scooter		
Family Doctor's Name		Family Doctor's Phone Number	
Do you speak English? <input type="checkbox"/> Yes <input type="checkbox"/> No	If not, Mother Tongue	Pharmacy	
Do you wear contact lenses? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Glasses	Do you wear dentures? <input type="checkbox"/> Yes <input type="checkbox"/> No	Blood Type	
DO YOU USE BLOOD THINNERS? <input type="checkbox"/> Yes <input type="checkbox"/> No			
Do you have:			
<input type="checkbox"/> Aids	<input type="checkbox"/> Cancer	<input type="checkbox"/> Epilepsy	<input type="checkbox"/> Hepatitis
<input type="checkbox"/> Alzheimer's/Dementia	<input type="checkbox"/> COPD	<input type="checkbox"/> Glaucoma	<input type="checkbox"/> Kidney Disease
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<input type="checkbox"/> Prostate Problems	<input type="checkbox"/> Stomach/Bowel Disease	<input type="checkbox"/> Urinary Tract Infection	

KEEP THIS INFORMATION UP TO DATE

Name (Primary Contact) *CONTACT PERSON FOR DNR AND/OR REPRESENTATION AGREEMENT* IF YOU HAVE ONE	
Telephone Number	Relationship
Name (Secondary Contact)	
Telephone Number	Relationship

KEEP THIS INFORMATION UP TO DATE

What are you currently being treated for? Please list below.

Past Surgery: Please list surgery history below.

Allergies

--

KEEP THIS INFORMATION UP TO DATE

Medication	Dosage	Date Prescribed

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--

*Are you an Organ Donor? **Yes** **No**

*Do you have a DNR Document or Representation Agreement - Enclose Original (Signature must be original) **Yes** **No**

EMERGENCY		
SERVICE	CONTACT DETAILS	NOTES
Police, Fire, Ambulance	911	Emergencies
Police non-emergency	604-717-3321	Non-urgent police matters
Community Policing Centre Kerrisdale, Oakridge, Marpole	604-717-3434	For police assistance with community issues
Vancouver Coast Health - REACT	1-877-732-2899 (Toll Free) 604-904-6173	VCH program to respond to abuse, neglect, and self- neglect
BC Drug and Poison Information Centre	604-682-5050 1-800-567-8911 (Toll Free)	Call if someone has ingested a harmful medicine, chemical or other substance
Crisis Centre BC General Crisis Line	604-872-3311 1-866-661-3311 (Toll Free) TTY: 1-866-872-0113	24 hours, 7 days a week
Crisis Centre BC Suicide Line	1-800-784-2433 (Toll Free)	24 hours, 7 days a week. Call if you or someone in your care is suicidal
Crisis Centre BC Seniors' Distress Line	1-800-784-1234 (Toll Free)	Dedicated seniors crisis line
Crisis Centre BC Mental Health Support Line	604-310-6789	Mental health support line
Mental Health Emergency Services and Crisis Line	604-874-7307	24 hours mental health emergency line
Vancouver Mental Health Emergency Services - car 87/ car 88	604-675-3700 or via 911	Emergency response to mental health clients
Seniors First: Seniors Abuse and Information Line (SAIL)	604-437-1940 1-866-437-1940 (Toll Free)	Crisis intervention and legal advice for seniors. Multi-language service.

EMERGENCY CONTINUED

SERVICE	CONTACT DETAILS	NOTES
Seniors First: Seniors Abuse and Information Line (SAIL)	604-437-1940 1-866-437-1940 (Toll Free)	Crisis intervention and legal advice for seniors. Multi-language service.
S.U.C.C.E.S.S. Chinese, Korean, Farsi-Dari Line (10am-10pm)	<u>Mandarin help line:</u> 1-(888)-721-0596/Ext.1 <u>Cantonese help line:</u> 1-(888)-721-0596/Ext.2 <u>Korean help line:</u> 1-(888)-721-0596/Ext.3 <u>Farsi-Dari help line:</u> 1-(888)-721-0596/Ext.4	Culturally sensitive crisis assistance for Chinese, Korean, Farsi-Dari speaking people
Fortis BC Emergencies	1-800-663-9911 (Toll Free)	For natural gas emergencies and leaks
City of Vancouver	311	City of Vancouver services

ADVOCACY AND SUPPORT SERVICES

SERVICE	CONTACT DETAILS	NOTES
Marpole Oakridge Family Place	604-263-1405 seniors@mofp.org	Seniors advocacy and support
The office of MLA Michael Lee (MLA Vancouver-Langara)	604-660-8380 6615 Main Street, Vancouver michael.lee.mla@leg.bc.ca	Support and advocacy
Jewish Family Services of Greater Vancouver	<u>General:</u> 604-257-5151 <u>Care line:</u> 604-558-5719	Seniors support services
Jewish Seniors Alliance Advocacy Services	604-732-1555 800 East Broadway, Vancouver	Senior support and advocacy
Veterans Affairs Canada	1-866-522-2122 (Toll Free) TTY: 1-833-921-0071	Veterans issues

ADVOCACY AND SUPPORT SERVICES CONTINUED

SERVICE	CONTACT DETAILS	NOTES
BC Community Response Network – BCCRN (Marpole Chapter)	604-263-1405 seniors@mofp.org	Support adults experiencing abuse and neglect
Qmunity	604-684-5307 1-800-566-1170 (Toll Free)	Support organization for Lesbian, Gay, Bisexual, Transgender, Two-Spirited and Queer community
Public Guardian and Trustee of BC	604-660-4444	Protect the legal, financial, personal and health care interests of adults who require assistance in decision making
Nidus Personal Planning & Resource Centre Registry	604-408-7414	Assistance with end of life planning, wills, representation and power of attorney agreements
Family Caregivers of BC	1-877-520-3267 (Toll Free)	Support line for caregivers

FOOD AND LOW COST FOOD SERVICES

SERVICE	CONTACT DETAILS	NOTES
Greater Vancouver Food Bank	604-876-3601	Food bank
Jewish Family Services Agency	<u>Care line:</u> 604-558-5719 <u>Main line:</u> 604-257-5151 communitycare@jfsvancouver.ca	Meal delivery or groceries
Community Food at St. Augustine Church	604-263-9212 8680 Hudson St, Vancouver	Food provision

HEALTH SERVICES

SERVICE	CONTACT DETAILS	NOTES
Health questions	811 TTY: 711	24 hours, 7 days a week. Speak with a nurse or pharmacist. Have your BC Care Card ready
Vancouver Coastal Health - Central intake home and community services access line	604-263-7377	Central line for intake for home care, palliative and rehabilitation services
Vancouver General Hospital	604-875-4111 899 W.12th Ave, Vancouver	Emergency department and full service hospital
Mount St. Joseph's Hospital	604-874-1141 3080 Prince Edward St. Vancouver	Emergency department and full service hospital
St. Paul's Hospital	604-682-2344 1081 Burrard St, Vancouver	Emergency department and full service hospital
CNIB - Canadian National Institute for the Blind Vision Loss Programs	604-431-2121 1-800-563-2642 (Toll Free)	Help with impaired and vision loss
Lifeline medical alert system	1-800-387-1215 (Toll Free)	An emergency/fall detection button
Deaf and Hard of Hearing Services	604-736-7391 TTY: 604-736-2527	Wavefront Centre for Communication Accessibility

IMMIGRANT SERVICES

SERVICE	CONTACT DETAILS	NOTES
S.U.C.C.E.S.S. (Marpole location on Granville Street)	604-323-0901	Settlement services



HOME SUPPORT SERVICES

SERVICE	CONTACT DETAILS	NOTES
Better at Home (Jewish Family Services)	604-637-3310	Home support services for seniors in Kerrisdale, Marpole, Oakridge, Dunbar, Southlands
Vancouver Coastal Health Home Support - Central intake line for referrals	604-263-7377	In home nursing support, and wound care
ElderDog Seniors Pet Help	1-855-336-4226 (Toll Free) info@elderdogs.ca	Helping seniors in crisis to care for their dogs

INDIGENOUS SERVICES

SERVICE	CONTACT DETAILS	NOTES
Musqueam First Nation Band Office	604-263-3261 6735 Salish Drive, Vancouver	Support for First Nations adults and elders
Vancouver Metis Community Association	604-682-2933	Please call ahead for service
First Nations Health Authority	604-693-6500 1-866-913-2081 (Toll Free) www.fnha.ca	Health benefits & services

TRANSPORTATION SERVICES

SERVICE	CONTACT DETAILS	NOTES
Transit Police	911 or 604-515-8300	For emergency on transit
HandyDart	<u>Vancouver:</u> 604-575-6600 1-844-475-6600 (Toll Free)	Transport for seniors with mobility challenges. Doctor referral needed
Taxicabs	<u>Yellow Cab:</u> 604-681-1111 <u>Vancouver Taxi:</u> 604-871-1111	Seniors can use the taxi saver discount applied for through HandyDart



LEGAL SERVICES

SERVICE	CONTACT DETAILS	NOTES
Access Pro Bono Society of British Columbia	604-878-7400 1-877-762-6664 (Toll Free)	Free legal advice

DEATH, DYING, AND GRIEF SUPPORT

SERVICE	CONTACT DETAILS	NOTES
BC Hospice and Palliative Care Association	604-267-7024 1-877-410-6297 (Toll Free)	Palliative care/ end of life help
BC Bereavement Help Line	604-738-9950 1-877-779-2223 (Toll Free)	Support line for bereaved families
Until We Meet Again Pet Loss Support	604-924-1160	Until We Meet Again Pet memorial and grief support

LIBRARIES AND GATHERING SPACES

SERVICE	CONTACT DETAILS	NOTES
Marpole Oakridge Community Centre	604-257-8180 990 W.58th Ave, Vancouver	Community programs
Marpole Oakridge Family Place	604-263-1405 8188 Lord St, Vancouver	Support and programs
Marpole Neighbourhood House	604-628-5663 8585 Hudson St, Vancouver	Community connections and self-led programs
Marpole Library	604-665-3978 8386 Granville St, Vancouver	Library, computer access
Oakridge Library	604-665-3980 6184 Ash St, Vancouver	Library, computer access
Jewish Community Centre	604-257-5111 950 W.41st Ave, Vancouver	A full service community centre, pool - open to all



BC ASSOCIATION OF
Community Response Networks
Stopping Adult Abuse and Neglect ...Together.

MY LIFE KIT has been proven instrumental in saving lives.

BC Association of Community Response Networks

MY LIFE KIT is provided free of charge through the generous contributions of the BC Association of Community Response Networks.

To order a life kit:

Marpole Oakridge Family Place

8188 Lord Street, Vancouver, BC, V6P 0G8



seniors@mofp.org



604-263-1405



**Scan the QR Code or visit
<https://mofp.org/mylifekit/>
to download a digital copy of the document**