

Life Contingency Plan

1. Who is the 1st person to contact?

Name: _____ Phone: _____

2. Who will take the kids to school?

Name: _____ Phone: _____

3. Who can help with food for the house?

Name: _____ Phone: _____

4. Who can run my errands?

Name: _____ Phone: _____

5. Who can take my loved one to treatments?

Name: _____ Phone: _____

6. Who will be the primary contact to keep everyone updated?

Name: _____ Phone: _____

7. Write down these emergency numbers.

Primary doctor: _____ Phone: _____

Hospital: _____ Phone: _____

Ambulance: _____ Phone: _____

Pharmacy: _____ Phone: _____

Nurse: _____ Phone: _____

8. Other critical issues.

Attitude

Ask for help

Appreciate yourself

