

Pets & Home Plan

If you are suddenly in the hospital, who feeds the dog, gets the mail, and locks up? Decide now.

NAME / PERSON THIS SHEET IS FOR	ADDRESS OF HOME	LAST UPDATED

1 My home helpers

MAIN HELPER (NAME / PHONE)		BACKUP HELPER (NAME / PHONE)	

WHO HAS A KEY, OR THE LOCKBOX / DOOR CODE LOCATION	NEIGHBOR WHO CAN CHECK ON MY HOME

☐ I asked my helpers, and they agreed. ☐ They know where this sheet is kept.

TRU-TIP • Put a pet alert in your wallet

If you are rushed to the hospital, no one may know an animal is waiting at home. Carry a card that says “I have pets at home” with your main helper's phone number, and put a sticker on your door or window for first responders.¹

2 My pets

Name and type	Food and how much	Medicines / schedule	Habits, hiding spots, fears

VETERINARIAN / PHONE	EMERGENCY VET / PHONE

WHERE FOOD, LEASH, CARRIER, AND RECORDS ARE	MICROCHIP COMPANY / PET INSURANCE

IF I CANNOT CARE FOR MY PETS LONG TERM, I WANT THEM TO GO TO...

3 My home

- ☐ Get the mail, or put it on hold
- ☐ Take out trash and recycling
- ☐ Move my car, or check on it
- ☐ Water plants / garden
- ☐ Check the thermostat, stove, and water
- ☐ Clear the fridge of spoiled food

4 Bills and accounts that cannot wait

Write where each bill is paid and if it is on autopay. Do not write passwords or account numbers here.

[illegible]

5 Deliveries and services to pause

Service (meals, medicines, cleaning, lawn...)	Company / phone	Paused? (date)

6 Getting ready for me to come home

- ☐ Fresh food and water in the house
 - ☐ Clear paths, with no rugs or clutter to trip on
 - ☐ Medical equipment delivered (walker, shower chair)
 - ☐ My medicines picked up from the pharmacy
 - ☐ Someone to stay with me the first day or two
 - ☐ My pets back home, or a plan for them

TRU-TIP • Practice once

Walk your main helper through the house for ten minutes: the key, the pet food, the thermostat, the breaker box. A plan that someone has seen in person works far better than one they read for the first time in a crisis.²

Want to go further? *Aging Alone* and the SynquUp™ Emergency Life Binder by Chuck Kinney help you plan for living independently, safely, and on your own terms. Free tools: chuckkinney.com/free

Be Proactive. Not Reactive.