



FOR IMMEDIATE RELEASE

June 16, 2022

Contact:

Shawn P. Middleton
Director of Communications
(781) 324-7705 ext. 320
Cell: 978-337-7659
smiddleton@mves.org

File of Life Document Considered a Lifesaver for Older Adults

(Malden)— Make sure you keep a File of Life in your home; it just might save your life.

Recently, a resident of a Malden senior housing apartment building was having a health emergency. And when such emergencies happen, the primary information first responders ask for are medications and the individual's medical history. However, in this case, it got complicated when the prescription bottles were in Chinese and the resident did not speak English. The spouse was understandably stressed trying to communicate information to the emergency team. The Mystic Valley Elder Services Resident Service Coordinator who works at the apartment complex immediately went to the refrigerator and was thrilled to find both of the tenants' File of Life folders, each with their own Chinese character on it. Through visual signals, the spouse was able to indicate which one belonged to her husband in distress. The Malden Fire Lieutenant stated, "These are lifesavers!"

The File of Life is a red, magnetic packet that contains important medical information about the individual as well as list contact information for their doctor, family members, insurance information and any other special circumstances that rescue personnel should know. It is designed to help the local fire department, paramedics, and emergency rooms obtain the necessary medical history and emergency contact information in an emergency. It is kept in plain sight, usually on a refrigerator.

It should include:

- Existing conditions or chronic illnesses
- Current medications (including over-the-counter medications taken regularly) with dosages and schedules
- Allergies to any medications and food sensitivities
- Regular healthcare providers (names and phone numbers), including the primary care physician and any specialists, along with the specific conditions each specialist is addressing
- Special dietary considerations, such as low sodium, gluten-free, kosher, vegetarian

- Communication issues, such as confusion, speech or hearing impairments, language preferences
- Emergency contact information for trusted family members or friends

To attain a File of Life folder, visit or call your local Fire Department or call Mystic Valley Elder Services at 781-324-7705 or email info@mves.org to have one mailed to you.

FILE OF LIFE

**KEEP INFORMATION UP TO DATE !!
Review At Least Every Six Months !**

MEDICAL DATA REVIEWED AS OF **MO.** **YR.**

Name: _____ Sex:
 M F

Address: _____

Doctor: _____ Phone #: _____

Preferred Hospital: _____

EMERGENCY CONTACTS

Name: _____ Phone #: _____

Address: _____

Name: _____ Phone #: _____

About Mystic Valley Elder Services

Celebrating 45 Years of giving older adults their independence, Mystic Valley Elder Services is a non-profit agency located in Malden, Mass., that provides essential home- and community-based care and resources to older adults, adults living with disabilities, and caregivers who reside in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield and Winthrop, regardless of their income level. Agency services include coordination of home care, transportation, Meals on Wheels, and information and referrals. For more information, please call (781) 324-7705 or visit www.mves.org.

