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# Personal Emergency Resource Guide

Philadelphia Multiple Myeloma Networking Group

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## What you may need, what you may want to include, and where to start?

### Estate Planning: Wills, Power of Attorney (medical and financial), and Living Wills (advance directives)

1. <https://www.oncolink.org/support/insurance-legal-employment-financial-concerns/legal-concerns/estate-planning> this will help explain estate planning
2. <https://www.caringinfo.org/planning/advance-directives/> detailed information on what an advanced care directive is
3. <https://prepareforyourcare.org/en/welcome> step by step program with videos to help guide you through it also has printable easy to read forms by state
4. <https://www.oncolink.org/support/insurance-legal-employment-financial-concerns/legal-concerns/financial-power-of-attorney> what is a financial power of attorney
5. <https://www.oncolink.org/support/insurance-legal-employment-financial-concerns/legal-concerns/advance-care-planning> general advanced care planning information
6. <https://www.cancer.org/treatment/treatments-and-side-effects/planning-managing/advance-directives.html> sections to explain what advanced care directives are, different types, frequently asked questions and making decisions for them.

### Practical Planning (Banking, Retirement and Investment accounts, Insurance, Storage)

1. <https://www.oncolink.org/support/practical-and-emotional/practical-concerns> practical concerns organized in one place
2. <https://www.nia.nih.gov/health/getting-your-affairs-order> preparing and organizing

### Household bills, credit cards, service providers, who has access to your “stuff”

1. <https://www.oncolink.org/support/insurance-legal-employment-financial-concerns/legal-concerns/estate-planning> this will help explain estate planning
2. <https://lifehacker.com/how-to-create-an-in-case-of-emergency-everything-docume-5817021> keeping everything in one place

### Disaster/Emergency Preparedness

1. [www.ready.gov](http://www.ready.gov) being prepared for emergencies
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## Other Resources

Getting Started?

- Here is a good resource to organized. Includes 2 checklists "Before" & "After"

<https://getyourshittogether.org/checklist/>

- General information on where to begin

<https://www.cancer.net/navigating-cancer-care/advanced-cancer/putting-your-health-care-wishes-writing>

- Ways to communicate with others towards the end

<https://www.cancer.org/treatment/end-of-life-care/hearing-the-end-of-life/communication.html>