

Introduction

What are the *My Health Care Plan & My Emergency Care Plan*?

CDS is proud to share two care plans to support your health and wellbeing when visiting your doctor or seeking emergency care.

The My Health Care Plan (MHCP) is a way to share information about you and your disability with medical professionals. This plan includes written information to let your providers know how to best serve your health care needs.

The My Emergency Care Plan (MECP) is your emergency plan. This one-page plan is a place to organize all your most critical personal and health information so you can easily communicate your critical health care and support needs during an emergency situation.

How do I fill out the *My Health Care Plan & My Emergency Care Plan*?

Fill out what you can complete by answering the questions, or portions of the questions, that you are comfortable sharing. Below are some additional steps you can take:

1. Choose someone who is your support person. Your support person may include a family member, neighbor or friend who can help you in an emergency.
2. Tell your support person about your specific needs and share the MHCP and MECP with your support person.
3. Tell your support person where your emergency supplies are stored. Show that person where you keep emergency supplies.
4. An Advance Care Directive is a way to communicate what healthcare treatments you would want or refuse, should you be seriously ill, injured, or unable to make or communicate decisions about your care and treatment. For more information, please contact the Disabilities Law Program of the Community Legal Aid Society Inc. at 302 575-0660.
5. Give a trusted person a key to your house or apartment. Agree upon a system to signal for help if phones and electricity are not working.
6. Show others where to find, and how to assist you with, your wheelchair, communication device or other assistive technology and supports you may use.
7. Make multiple copies of your MHCP and MECP. Keep a copy of your MHCP and MECP with you in case you are unable to have someone accompany you for a period of time due to an infectious disease outbreak or other emergency or disaster.
8. Make a copy for family members and include this in your Family Emergency Kit.



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