

FILE FOR LIFE Program

What is File For Life?

The File For Life* is a way for you to provide vital medical information to emergency responders (paramedics, police, firefighters, etc.) should you ever be sick or injured at home and unable to speak for yourself. It consists of a vinyl envelope with a medical information form inside (for you to fill out), which you can stick in clear sight on your fridge for emergency responders to find if needed.

The File For Life is an initiative of the Seniors Resource Centre NL in partnership with the Paramedic Association of NL, the RCMP, the RNC, and the Citizens' Crime Prevention Association of Newfoundland and Labrador. The program is available to be adopted by individual community groups who wish to run it in their own community by distributing supplies and making local emergency responders aware that they should look for the File For Life envelope when responding to an emergency in a home.

What do I need to do with my File For Life envelope?

- Fill in the medical information form that is included with the vinyl envelope. If possible, add a photo to help emergency responders identify you in the event you are injured or sick and unable to speak.
- If possible, ask your pharmacist for a printout of your current medications and include this in the envelope.
- Put the File for Life envelope on your fridge so service providers can find it in case of an emergency. Keep your information up-to-date! This is your responsibility. The File For Life is only an effective tool for emergency responders if the information in it is accurate.

*File For Life is based on the Vial for Life program

Newfoundland and Labrador
SENIORS
RESOURCE CENTRE

Making a difference in the lives of seniors

Have a question?

Need to connect to a resource or service?

Want information on a seniors' issue?

Call the **Seniors Resource Centre NL's**
toll-free Information Line:

1-800-563-5599

Seniors Resource Centre of Newfoundland and Labrador

Email: info@seniorsresource.ca

www.seniorsresource.ca

Did you know that it is estimated that somewhere between **4 and 10 percent of seniors in Canada experience some kind of abuse?** If we apply that percentage to NL's senior population, that means there may be over 8200 seniors in our province who are experiencing abuse.

Where to go for help if you or someone you know is being abused:

- Call 911 if you or someone else is in immediate danger.
- To contact your Regional Health Authority to report an adult who may be at risk of abuse or neglect and **who does not understand or appreciate that risk**, please call:

1-855-376-4957

- For other referrals to resources and services, call the Seniors Resource Centre NL at: 1-800-563-5599