

FOL Tips

- ◆ Keep all medical information current.
- ◆ Use pencil when you fill in the medical information.
- ◆ Whenever you have a change in medication or dosage be sure to update your FOL card.
- ◆ Ask a trusted friend or relative for assistance when filling out the information.
- ◆ Take the File of Life with you when you visit your doctor and pharmacy.

For additional information about Emergency Preparedness, go to:

<http://aging.lacity.org/index.php?fetch=emergency>

or call (213) 482-7252

As a covered entity under Title II of the Americans with Disability Act, the City of Los Angeles does not discriminate on the basis of disability.

Programs and Services provided by the City of Los Angeles Department of Aging are funded by the Older Americans Act.

This program is a collaboration between the City of Los Angeles and Los Angeles County Area Agency on Aging (AAA), L.A. County Mental Health, and first responder agencies, including Police, Fire, and Sheriff's. The medical information will be used in the treatment of the individual in case of an emergency.



City of Los Angeles
Department of Aging
221 N. Figueroa St., Ste. 500
Los Angeles, CA 90012
(800) 510-2020
(213) 482-7252

Hours of Operation

(Monday - Friday, 8 am to 5 pm)

Except Holidays



L.A. County
Community
Senior Services



L.A. County
Sheriff



City of L.A. Police



City of L.A. Fire



L.A. County Fire



L.A. County Dept. of
Mental Health

Rev. 10/19/15

SENIOR FOCUS ON FILE OF LIFE PROGRAM

File of Life is a program of the
**City of Los Angeles
Department of Aging**
in collaboration with:

- Los Angeles County Dept. of Community and Senior Services (CSS)
- Los Angeles Fire Department
- Los Angeles Police Department
- Los Angeles County Sheriff's Dept.
- Los Angeles County Dept. of Mental Health

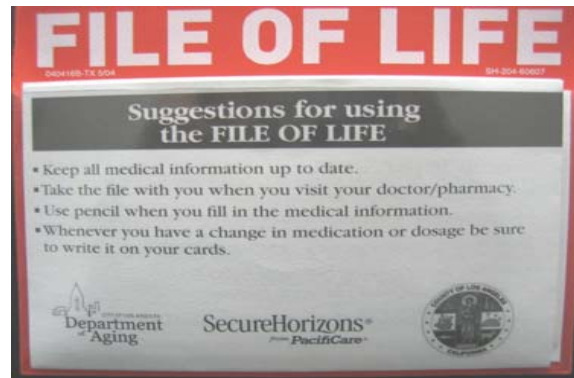


What is the File of Life?

The **File of Life (FOL)** provides critical medical information to emergency response personnel during a medical emergency. The program is offered **FREE to persons 60 years and older**. Through participation in the program, FOL will provide valuable medical information that will be readily available to first responders if it is ever needed.

The **File of Life** is a red plastic magnetic holder meant to be placed on the refrigerator (refer to the picture on the top to the right). The form, which participants fill out, includes information about:

- Medications
- Allergies
- Medical Problems
- Blood Type
- Emergency Contact Persons
- Physician's Name
- Preferred Hospital
- Any other pertinent conditions



Plastic magnetic holder (not actual size) that contains the participant's medical information.

The **File of Life** also comes with a smaller size plastic holder to be carried in a wallet, purse or car glove compartment to provide life-saving information when outside the home.

In addition, the **File of Life** comes with one bright red and white sticker that may be placed in the front window at home or car window to alert emergency personnel of the presence of the **File of Life** on the refrigerator or in the participant's wallet, purse or glove box.



File of Life sticker (not actual size).

Who and what are the benefits of the FOL?

With the **File of Life**, emergency personnel will be able to efficiently help the individual needing assistance by accessing vital medical information of the participant.

Benefits to older adults participating in the program and to first responders include:

- Easy access to potentially life-saving information.
- Assurance that proper physicians, relatives, and friends are notified quickly in an emergency.
- Peace of mind that the medical attention to be provided in case of an emergency will be compatible with the medical information provided on the File of Life form.