Building an ALS Care Binder

A Care Binder is a place to keep all the information about your or your loved one’s ALS care. Care Binders can help you stay organized and ensure important information is easy to find when you need it. They can be used to write questions for your provider, house all your medical documents, track symptoms and more.

Use this guide to build your own ALS Care Binder!

### What You’ll Need:
- **3” Binder**
- **Colored Pens**
- **Copy Paper**
- **3 Ring Pencil Pouch**
- **Dividers**
- **Page Protectors**
- **3-hole Punch**
- ALSA’s [Medical Information Materials](https://www.alsa.org/resource-center/medical-information/) (printed)

### I. Basic Information
- Name and Date of Birth
- Diagnosis
  - ALS Type
  - Diagnosis date
- Health Insurance
- Caregiver Name
  - Relationship
  - Contact Info
- Medical Contacts
  - Doctors
  - After hours line
  - Pharmacy
  - Therapists
  - Social Worker
- Emergency Contacts

### II. Care Details
Care Details is any relevant information about your or your loved one’s ALS care.

**Topics might include:**
- Weekly schedule
- Nutrition and diet
- Positioning information
- Helpful exercises
- Communication preferences

### III. Medications
This section should include a complete list of medications along with dosing information and instructions.

**Don’t forget** to list over-the-counter medicines and supplements.

### IV. Symptom Tracker
Create a dated section to track symptoms and notable changes to monitor how you or your loved one is doing.

**This information can be especially helpful** to have at medical appointments.

### V. Docs & Handouts
- Educational Materials
- Therapy Guides
- Information Handouts
- Testing Results
- Resource Referrals
- Appointment Reminders
- Business Cards
- Health Insurance Cards

### VI. Notes
Keep a section of blank paper to list questions, take notes during appointments or write important reminders.