**EXAMPLE of EMERGENCY COORDINGATION OF CARE INDEX CARD**

(Provided by Beth Answorth, LCSW, New Jersey)

**First Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Telephone:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Important Background Information:**

* John has a history of bereavement-induced depression.
* He is currently prescribed Zoloft, 100mg.
* He is also prescribed Xanax, .50 mg on a PRN basis.
* No history of in-pt. psych. hospitalization, no significant medical problems.
* John is 67 years old, and retired.
* He has been in treatment for the past 7 months, 1x/weekly.
* He lives alone with his dog, Max.
* His wife died 2 years ago, during the summer.
* He struggles with the "anniversary death," which is this week.
* His sleep remains poor.
* He takes comfort in visits with his priest, when he is particularly overwhelmed with grief.
* His Episcopal faith is also a source of strength and comfort.

**What Client May Benefit From:**

* He benefits from encouragement to take care of his nutritional needs, eating soups and drinking chamomile teas at night.
* He can also be encouraged to attend church and make appt. with his priest.
* He should be reminded of taking extra walks with Max, his dog, so that he is "out of the house" for a bit.
* Assess severity of insomnia.
* John tends to be reluctant to take Xanax.  Encourage Xanax at night if warranted.
* Risk of hospitalization: LOW (no hx of same)