

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

Copy Paper

Dividers

Page Protectors

Colored Pens

3-Ring Pencil Pouch

3-hole Punch

ALSA's Medical Information Materials (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 are 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.

V. Docs & Handouts

Educational Materials

Therapy Guides

Information Handouts

Testing Results

Resource Referrals

Appointment Reminders

Business Cards

Health Insurance Cards

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.

VI. Notes

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