



MyParentHQ

# Caring for an aging parent?

Keep their medications, doctors, and emergency contacts in one place, shared with the family members and caregivers you choose.

## The questions come fast after a hospital stay or an emergency:

*"What medications is she taking now, and at what doses?"*

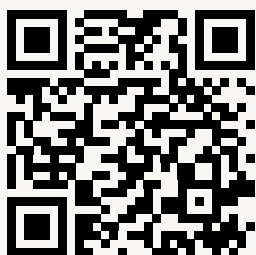
*"Any allergies? Who is his primary doctor?"*

*"Where is the health care power of attorney?"*

## MyParentHQ is an iPhone app that helps families:

- Keep one current medication list, plus allergies, conditions, and appointments
- Share it with siblings and caregivers by role (hired caregivers never see legal or financial details)
- Log follow-up instructions in shared Care Notes so everyone sees the same plan
- Show ER staff the essentials in large text with the Emergency Packet and Hospital Mode
- Record where legal, financial, and insurance documents are kept, never account numbers

Your parent doesn't need an account or a smartphone. It doesn't connect to hospital, pharmacy, or insurance systems; families enter and update the information themselves. Not medical advice. Free to download for iPhone and iPad.



## Scan to download on the App Store

Or search "MyParentHQ" in the App Store.

Learn more: [myparenthq.com](http://myparenthq.com)

Prefer paper? The MyParentHQ Companion Workbook is on Amazon, and a free one-page emergency sheet is at [myparenthq.com/printable-emergency-sheet](http://myparenthq.com/printable-emergency-sheet)

## Free help for families

Local services (meals, rides, in-home help): Eldercare Locator, 1-800-677-1116, [eldercare.acl.gov](http://eldercare.acl.gov)

Free Medicare counseling: your state's SHIP program, [shiphelp.org](http://shiphelp.org) or 1-877-839-2675

Dementia questions, 24/7: Alzheimer's Association Helpline, 800-272-3900

Shared by: \_\_\_\_\_

Phone: \_\_\_\_\_