

Message in a Bottle

You live alone and you've had an accident. The paramedics have arrived and are asking questions about your medication, emergency contacts, your medical conditions, your doctor's name and address and many other personal details. Wouldn't it be much easier if you had this information already documented and kept safe where the paramedics knew to look?

The Lions Clubs International has come up with a simple scheme called "Message in a Bottle" which is designed to encourage people to keep their personal and medical details on a standard form and in a common location – the fridge.



As the name suggests, your personal information is kept in this small plastic bottle. The bottle has a push-fit lid and is big enough to hold the necessary information. The bottle is then kept in the fridge, where the emergency services will expect to look for it in the event of being called to your home. They will be alerted to your membership of the scheme by two "green cross" labels which you will find with the form in the bottle. One label should be attached to the back of your front door, or the door most used to access your home, and the second is attached to the door of your fridge. The information you need to provide is quite straightforward and the form has space for a passport sized photograph. In addition, it is also suggested that you include your repeat prescription list as this information is of great value to the ambulance service.

There is no cost to you as the costs of running the scheme are borne by your local Lions Clubs. You can usually find the bottles at your doctor's surgery, chemists, community centre and local church. Whilst this scheme is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can be of benefit to anyone – including you.