

A calmer handoff starts with the practical details.

A one-page worksheet for the contact and logistics information you want easy to reach around a packed hospital bag. Use only what fits your situation.

The person who should be reachable

Name or role	
Preferred contact route	
Backup contact, if useful	

Useful logistics

Bag location / identifying detail	
Arrival or parking note to confirm	
One practical handoff note	

Before you share a page

- ☐ The listed people agreed to have their contact details included.
- ☐ The page contains only the details intended for its audience.
- ☐ A named adult knows who will keep the page current.
- ☐ The link opens correctly on a phone after setup.

Keep the boundary clear. This is for practical contacts and logistics. Leave clinical instructions, medical records, account numbers, door codes, and other sensitive information in the appropriate private systems. Follow your care team and facility instructions.

If an NFC card opens this information, the card is only the route. The page owner and chosen service control what is there and who can reach it.