Medical Emergencies and Identification

Tools and Resources

Phone/Device Emergency Options

- **iPhone – Emergency Side Button Procedure**
  - This Apple support article explains how to use the "SOS / Emergency" function on iPhones: by holding the side button (and volume button, depending on model) you can trigger a countdown and call emergency services.
    - https://support.apple.com/en-afri/guide/iphone/iph3c99374c/ios
- **iPhone – Setting Up a Medical ID**
  - This Apple support article describes how to configure Medical ID and set emergency contacts, so responders can access health info even when the phone is locked.
    - https://support.apple.com/en-afri/guide/iphone/iph08022b192/ios
- **Apple Watch — Emergency Button & Fall Detection**
  - This guide covers how to use the Emergency SOS function on Apple Watch: pressing and holding the side button will initiate a call to emergency services.
    - https://support.apple.com/guide/watch/manage-fall-detection-apd34c409704/watchos
- **Android – Emergency Call Button / "Emergency Call" on Lock Screen**
  - This article explains that on Android devices with a lock screen, there is usually an Emergency Call button which allows someone to dial emergency numbers (e.g. 911) without unlocking the phone
    - www.technipages.com/android-what-does-the-emergency-call-button-do



Apps for iPhones and iPads

- Medical ID Record:
  - This app allows you to make a digital medical record for yourself, and other family members (if needed). Enter Personal Data, Medical Conditions, Allergies & Reactions, Medications, and Emergency Contacts.
  - Cost: $4.99 to purchase.
  - https://apps.apple.com/us/app/medical-id-record/id994171337
- SmallTalk Aphasia from Lingraphica
  - This app provides a library of pictures you can tap that speak in either a male or female voice.
    - Male: https://apps.apple.com/us/app/smalltalk-aphasia-male/id403064267
    - Female: https://apps.apple.com/us/app/smalltalk-aphasia-female/id310102858
- Word Board - Phrase Keyboard
  - This app allows you to create a personal custom keyboard for phrases, text shortcuts, text expanding, and a copy & paste clipboard keyboard.
  - https://apps.apple.com/us/app/wordboard-phrase-keyboard/id960167417
- SmallTalk Intensive Care from Lingraphica:
  - This app provides a picture-based vocabulary of phrases that patients can use to communicate their needs and feelings to medical-care providers in the ICU. It includes phrases such as "I have chest pain" and "I want a doctor."
  - https://apps.apple.com/us/app/smalltalk-intensive-care/id403057381#

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Medical ID Jewelry

These links feature engraved medical ID bracelets that combine fashion with function. Each bracelet can be customized with vital health information, such as allergies, medical conditions, or emergency contacts – to help first responders in emergencies.

- https://www.returntosender.shop/medical-id-bracelets
- https://www.laurenshope.com/kaye-medical-id-bracelet
- https://www.nadinartdesign.com/collections/medical-alert-jewelry-medical-id-bracelet
- https://www.stickyj.com/product/lesly-rose-gold-medical-alert-bracelets-for-women-dp1406c

Larger Devices and Jewelry with Medical Emergency Button

- Medical Guardian – Smart Watch Alert App
  - This is a wearable medical alert smartwatch that includes emergency call features, health tracking, GPS location, and fall detection.
  - https://www.medicalguardian.com/medical-alert-systems/smart-watch-alert-app
- Alert-1 – Medical Alert System Overview
  - They offer both in-home and on-the-go medical alert systems with 24/7 monitoring, fall detection options, and no long-term contracts.
  - https://www.alert-1.com/system/overview/596
- LifeStation – In-Home No Landline Medical Alert
  - LifeStation's in-home system uses cellular connectivity so it works without a landline. It's ideal for users who primarily stay at home but still want access to emergency help with a simple push of a button.
  - https://www.lifestation.com/in-home-no-landline-medical-alert/
- MobileHelp – Medical Alert Systems
  - MobileHelp offers a range of medical alert systems, including in-home and mobile devices with GPS and cellular capability. Their systems can be used without a landline.
    - https://www.buymobilehelp.com

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Printable Resources for Persons with Aphasia and Caregivers

- Be ready by being prepared and knowing where to get help for emergencies.
  - This free PDF has aphasia-friendly instructions on what to do in an emergency.
    - https://www.med.unc.edu/healthsciences/sphs/card/wp-content/uploads/sites/486/2018/07/E1.pdf
- Have an Aphasia-ID card on hand. These cards can fit in your wallet, and can be helpful when a person with aphasia is interacting with others in settings like restaurants, stores, etc.
  - Print one and fill it out.
    - University of Michigan Aphasia Program: https://mari.umich.edu/wp-content/uploads/UMAP-Aphasia-ID-Cards-Easy-Print-FY26.pdf
    - Aphasia ID: http://aphasiaid.com/
- Accident and Emergency Communication Passport:
  - This is a free PDF download that can be filled out by hand. It can be a handy tool to keep around for accidents or emergency situations.
    - https://widgit-health.com/downloads/A-and-E-passport.htm

Other Resources

- Learn American sign language for emergency situations:
  - DVD ($100): https://www.amazon.com/Sign-Language-Emergency-Situations-English/dp/B003GMC85Y
  - Videos (free):
    - American Red Cross ASL for Emergency Situations: https://vimeo.com/449431097
    - Top ASL Signs for Medical Emergencies: https://www.youtube.com/watch?v=6b-rHvJPrLE

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