



Preparedness: Empowering Families for Life's Unexpected Moments.

Why Preparedness Matters.

Being prepared means having the right information and tools readily available to navigate both planned and unexpected events. From healthcare emergencies to long-term care decisions, taking proactive steps ensures continuity, reduces stress, and provides peace of mind for individuals and their loved ones.

Taking the First Step.

Preparedness is about empowering you and your family to face the future with confidence.

Arosa's Care Managers are here to guide you through the process, ensuring that your important documents and plans are in place when you need them most.



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"When we needed to make quick decisions for my mom's care, having everything prepared ahead of time made all the difference. Arosa's Care Manager helped us create a tool that brought us clarity in a difficult moment."

— Arosa Client

The Key to Being Prepared.

Preparedness involves gathering and organizing essential information to enable quick, confident decision-making in critical moments. Typical areas of focus include:



Personal & Emergency Contacts

Consolidate essential personal information, including emergency contacts and healthcare providers.



Medical Records & Directives

Organize diagnoses, treatments, and current medications alongside advanced directives like living wills or DNRs.



Insurance Coverage

Ensure insurance policies, coverage details, and identification numbers are documented and accessible.



Legal & Financial Documents

Maintain up-to-date power of attorney, guardianship, and estate planning documents. Include financial account details and advisor contacts.



Day-to-Day Plans & Logistics

Include caregiver plans, maintenance instructions, and appointment schedules to ensure continuity of care.

How Arosa's Care Managers Can Help.

At Arosa, we understand that preparedness goes beyond having documents—it's about having the confidence that everything is in order when you need it most.

Our Care Managers provide expert support to simplify the process:



Comprehensive Organization:

We partner with families, legal advisors, and healthcare professionals to gather and organize essential information into a clear, accessible format.



Tailored Tools:

Every preparedness tool we create is customized to meet the unique needs of our clients, ensuring nothing is overlooked.



Proactive Updates:

Preparedness is not a one-time effort. Our Care Managers provide ongoing support to keep materials current and relevant as life circumstances change.

The Benefits of Being Prepared.

Working with Arosa's Care Managers to prioritize preparedness offers families tangible benefits:



Seamless Continuity of Care:

Ensure that healthcare providers, caregivers, and loved ones have the information they need at a moment's notice.



Confidence and Peace of Mind:

Families are empowered to handle challenges with clarity and reduced stress.



Time Saved in Crisis:

Avoid delays and confusion by having everything ready and organized.