CRPS Flare - How You Can Help Me

The pain is climbing. I need your help.

What I Need You to Do

1. Bring me my prescribed SOS medication and a glass of water. Help me follow my medication plan.

2. Help me find a comfortable position. Ask before touching or moving me. Even gentle contact can be extremely painful.

3. Reduce noise and light. Dim the lights, turn off unnecessary sounds, and help create a quiet environment.

4. Put my phone and charger within easy reach. Make sure I can contact you if I need help again.

5. Be prepared to help me get to the ER. If the pain becomes unbearable or my emergency plan calls for medical care, I may need someone to accompany me.

Stay Available

Ask whether I would prefer you to stay nearby or give me some space. Please remain available if I need further help.

If I Need to Go to the ER

Please bring my prepared emergency bag.

My SOS medication is kept: _____

My ER bag is kept: _____

Emergency contact: _____

Other things that help me:

_____

_____