



LIFE REBALANCED

## MEDICAL ALERT CARD

This medical alert card is designed to be carried by people who suffer from vestibular dysfunction for the purpose of providing crucial information to healthcare professionals, first responders, or anyone assisting in an emergency situation.

### HOW TO USE

1. Cut the card out along the dotted line.
2. Fold in the center to create 1 double-sided credit-card-sized alert card.
3. Fill in **Name** and **Emergency Contact** fields.
4. Fill in **Clinician 1** and **Clinician 2** fields with the name and phone number of your primary vestibular healthcare physician and your rehabilitation therapist.
5. Collect **Diagnosis** from your vestibular healthcare physician and **Functional Impairments** \* from your rehabilitation specialist.
6. [Suggested] Once the card is filled in, laminate for durability.

\*Common **Functional Impairments** experienced by people with vestibular dysfunction:

- Difficulty walking
- Difficulty standing
- Tendency to stumble
- Increased risk of falls
- Challenges with spatial awareness
- Difficulty with head movements
- Decreased overall coordination
- False perception of motion
- Sensations of spinning
- Sensations of lightheadedness
- Increased sensitivity to motion
- Difficulty maintaining gaze stability
- Heightened anxiety
- Difficulty concentrating
- Impaired memory
- Hearing loss
- Ringing in the ears
- Frequent nausea

**VEDA**

Name \_\_\_\_\_

Diagnosis \_\_\_\_\_

Functional Impairments  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

FOLD HERE

Emergency Contact \_\_\_\_\_

Clinician 1 \_\_\_\_\_

Clinic Phone \_\_\_\_\_

Clinician 2 \_\_\_\_\_

Clinic Phone \_\_\_\_\_

This card was issued by the Vestibular Disorders Association (VEDA), an organization that leads initiatives in vestibular research, advocacy, and patient support. Vestibular disorders involve issues with the inner ear and brain, particularly related to balance, spatial orientation, and coordination. For questions or concerns, contact 1-800-837-8428 or info@vestibular.org.

VESTIBULAR DISORDERS ASSOCIATION