

Asking someone to be your emergency contact.

BY THE END OF THIS GUIDE YOU'LL:

- ☐ Know what an emergency contact actually does.
- ☐ Have the actual script I used to ask mine.

What is an emergency contact?

An emergency contact is someone you've chosen to be contacted if something happens to you.

That's the basic job description.

Emergency contact ≠ automatic legal authority

They aren't automatically authorized to:

Make medical decisions

Manage your finances

Handle your estate

Those responsibilities may belong to people named in documents such as a healthcare proxy/advance directive, power of attorney, or will.

The important part? They should know you've listed them.

This guide is for general educational purposes and isn't legal advice.

The Script I used

Hey [Friend's Name] ❤️ I wanted to ask you something kind of serious, but no pressure at all.

I'm trying to get my life/admin stuff more organized, and I was wondering if you'd feel comfortable being listed as my emergency contact on medical forms or anywhere that asks for one.

What that would mean is: if something happened to me, you might be the person contacted first. I'd give you clear information about who I'd want you to contact, so you wouldn't be left guessing in the moment.

I know this is a lot, so please be honest if it feels like too much, I'd completely understand. I just trust you, and wanted to ask you directly instead of putting your name down without talking to you first.

If you have a pet add this:

The other practical piece would be [pet name]. I'd want to give you a key to my place, and if something happened to me, I'd need someone who could step in and make sure [pet name] was taken care of temporarily, until [my long-term plan] could take over or we figured out something together. I'm not asking you to commit to keeping [pet name] forever, just to be the person who could step in first.

Found this useful?

Join 150+ people building a more supported solo life.

→ samiraunscripted.com/subscribe