



# PLEASE READ: I HAVE ALS

**I cannot breathe  
when I lie flat.**

I use \_\_\_\_\_  
to breathe.

**I eat & take medications:**

- via mouth
- a thickened texture diet
- via feeding tube

**I understand what  
you are saying.**

I communicate using:  
\_\_\_\_\_.

**I have weakness or  
immobility in my:**

- Neck
- Arms
- Legs
- Trunk

**Ask Me or Call my Caregiver for more information:**

NAME: \_\_\_\_\_

NUMBER: \_\_\_\_\_