

Car Accident Claim NOTES GUIDE



Notes About the Accident

- **Date/Time/Location**
- **Describe vehicles involved**
- **Hazards involved, like ice or fog?**
- **Other driver's Name/Contact Info/Insurance**
- **What happened? Before, During, and After the Crash**
- **Were you wearing your seatbelt? Headlights? Signalling?**
- **Alone in the vehicle? Children? Others?**
- **Did you notice anything about the other driver?**
- **What did the other driver say or do after the crash? What about other passengers?**
- **Witnesses?**
- **Describe your Injuries/Pain/Symptoms after the crash**
- **Treatment at the Scene? Transport to hospital?**



Diagnosis and Treatment Notes

- **Where did you get medical treatment after the crash?**
- **List your medical providers - Name/Specialty**
- **Describe your injuries**
- **Describe your treatments**



Making Diary Notes

Maintain an injury diary with ongoing entries during your treatment and recovery. Here are some prompts to help you make detailed diary notes:

- **Note Date**
- **Pain Levels**
- **Other Symptoms**
- **Anxiety/Worry/Emotional distress?**
- **Meds or Treatments Today/Side Effects**
- **Sleep Issues/Discomfort/Nightmares?**
- **Mobility Issues?**
- **Describe the help you needed today. Bathing, meals, childcare, etc.**
- **Who helped you?/How did you feel about that?**
- **Are you off work because of your injuries? Worried about your job?**
- **What else did you miss out on today because of your injuries?**
- **How have your injuries affected your relationship with family or friends?**



Using This Car Accident Claim NOTES GUIDE

Whether you decide to hire a personal injury attorney or handle your own injury claim with the other driver's insurance company, your notes about the accident and what happened afterward can boost the strength and value of your insurance claim.



Notes About the Accident

Write down everything you can remember about the accident as soon as possible after the crash, while it's still fresh in your mind.

Did you see the other driver holding a phone? Did you smell alcohol? Did anyone in the other car throw something away? Don't worry about what's important. Get it all down, including your impressions of the other driver's behavior.

Your goal is to show that the other driver caused the crash, and you did nothing to contribute to causing your injuries.

Diagnosis and Treatment Notes

Never refuse medical attention at the scene. Describe any care you got at the scene, from paramedics or Good Samaritans.

Detail the tests, diagnosis, and treatment you got after the crash in the hospital emergency department, urgent care center, or with your primary doctor. It's important to link your injuries to the car accident.

Making Injury Diary Notes

An ongoing diary of the car accident's impact on your daily life can boost your claim value. Compensation payouts are based largely on hard costs (like medical bills and lost wages) with an amount added to account for your pain and suffering.

There are no objective measurements for pain and suffering. That's where your injury diary notes make a difference.

Are you awake at night because of pain or worry? Are you distressed and heartbroken because you can't pick up your crying baby? Embarrassed because your daughter-in-law had to help you bathe? Put it all in your diary.

Dated and detailed notes about your experience are compelling evidence in an injury claim. However, don't put anything in your diary (like name-calling) you wouldn't want read out to a jury.