Digital Recovery Map

Reduce dependence on one device, recognize impersonation and keep a usable route back to essential accounts.



Start with five useful checks.

1. Write essential phone numbers offline without adding passwords.
2. Plan account recovery using each provider’s official process.
3. Keep backups appropriate to the information and protect access.
4. Verify urgent money or family requests through a known independent channel.
5. Practice finding one essential record without relying on one phone.

A familiar-sounding voice is not proof of identity. Call the person or another trusted contact using a number you already know; do not use a number supplied by the urgent message.

Make it your household’s plan.

Keep sensitive details in a secure place. Use this sheet for the decisions you can safely share with the people involved. Do not write passwords, account access codes or private medical records here.

Essential service or account (no secret credentials)

Official recovery page

Offline contact method

Backup location description, without access codes

Our next recovery practice date

NEXT MOVE: Choose one unfinished check, agree who will handle it and set a review date. Revisit after a move, a change in care needs or a real disruption.

Official starting source: https://consumer.ftc.gov/consumer-alerts/2023/03/scammers-use-ai-enhance-their-family-emergency-schemes