

Emergency Preparedness Guidelines for Older persons and for those with a Disability

Each person's needs and abilities are unique, but every individual can take important steps to prepare for all kinds of emergencies and put plans in place. By evaluating your own personal needs and making an emergency plan, you can be better prepared for any situation. A commitment to planning today will help you prepare for any emergency situation. Preparing makes sense. Get ready now.

***Assemble essential supplies.** Collect a *minimum* of 3 day supply of water (1 gallon a day) and easy to prepare food. Food items like soup, canned meat and fruit, crackers and canned juice would be good choices. Create a disaster-supply kits that include items specific to your health and personal needs. Remember things such as an extra pair of eye glasses, hearing aid batteries, and extra wheelchair batteries, supply of oxygen and extra personal hygiene items.

***Stock up on prescription medications.** Keep on hand an emergency supply of prescription medications that can last at least a week. After an emergency drugstores may not be open to get medications. It is also important to have a hard copy of all the medications taken.

***Organize key documents and phone numbers.** Have a hard copy of the names and numbers of insurance agent, numbers of family members, numbers of non-local relatives and friends. Have a list of contact information of doctors, pharmacy, and medical insurance. Also, have a copy of insurance cards including Medicare cards.

***Include personal items for comfort.** Some people no matter how capable can become disorientated in disaster situation, tucking a few small personal items, such as family photos, in an emergency kit; can be helpful in a stressful time.

***Establish a communication strategy.** Make sure all family members know whom they should check in with following a disaster. Remember to have out-of-state contact because local phone lines often get jammed in a crisis. Purchase a prepaid phone card and put it in your emergency kit.

***Create an emergency plan for pets.** Have pet carriers handy. Get in touch with a local animal shelter or emergency management office, or talk with the local veterinarian to find out what options are out there for pets if they must be left behind.

My Personal Emergency Preparedness Plan

Name: _____ **Date:** _____ **Birthdate:** _____

Address: _____ **Phone:** _____

Diagnosis: _____

Allergies: _____

Family Phone numbers for emergency contact:

Name:	Home phone	Cell phone
_____	_____	_____
_____	_____	_____
_____	_____	_____

Physician: _____ **Phone:** _____

Specialist: _____ **Phone:** _____

Eye Doctor: _____ **Phone:** _____

Eye glass prescription _____

Pharmacy: _____ **Phone:** _____

Medicare number: _____

Supplemental insurance: _____ **Policy number:** _____

_____ **Policy number:** _____

Home Care: _____ **Phone:** _____

Meals on Wheels: _____ **Phone:** _____

Special equipment provider (ex. oxygen, cane, walker, incontinence pads, supplemental drinks, etc.) _____

Phone: _____

Other numbers: _____

Medications:

Name:	Dose:	Schedule:	1 week supply
_____	_____	_____	()
_____	_____	_____	()
_____	_____	_____	()
_____	_____	_____	()
_____	_____	_____	()
_____	_____	_____	()
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_____	_____	_____	()
_____	_____	_____	()
_____	_____	_____	()

Neighbors: _____ **Phone:** _____ **Cell Phone:** _____

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Other recommended preparations:

- () Two week supply of food, bottled water
- () Flashlight
- () Over the counter medicine approved by your physician for
Pain, constipation, diarrhea, fever and colds
- () Radio with batteries