

EMERGENCY PREPAREDNESS **FOR** OLDER ADULTS

HURRICANE PREPAREDNESS

- ✓ **Create an emergency plan and an emergency kit.**
- ✓ **Keep a written copy of up-to-date contact information for family and friends you will want to contact during an emergency. Keep a copy in your purse, suitcase, or wallet.**
- ✓ **Identify local emergency information in advance.**
 - Evacuation routes
 - Shelters
 - Medical facilities
- ✓ **Keep an emergency supply (up to 7 days) of all medicines and prescriptions.**
 - Have a list with up-to-date names and doses.
 - Keep ice packs in your freezer if you have medicine that requires refrigeration.
 - Ask your primary care physician (PSP) for copies of your medical records and a list of any medical problems.
- ✓ **Practice mock-disaster scenarios with our network (i.e. neighbors, family members, friends).**
- ✓ **Consider purchasing a medical ID bracelet if you have chronic health problems.**
 - Include on bracelet: medical conditions, allergies, medications and an emergency contact
- ✓ **Contact your local emergency management agency in advance to help coordinate transportation after an emergency.**
- ✓ **Contact your local electricity company to join a registry for medically fragile individuals; in the instance of a power outage, individuals on the registry will have priority in restoring services.**

✓ **Be sure to add the following items into your emergency preparedness kit (source: CDC).**

- Hearing aids and extra batteries
- Glasses and/or contacts and contact solution
- Medical supplies like syringes or extra batteries
- Information about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vender
- Contact information for family members, doctors, pharmacies and/or caregivers
- List of all medications, including the exact name of the medicine and the dosage, and contact information for the pharmacy and doctor who prescribed medicine
- List of allergies to food or medicines
- Copies of medical insurance cards
- Copies of a photo ID
- Durable power of attorney and/or medical power of attorney documents, as appropriate

*Print and complete the Centers for Disease Control and Prevention's, Complete Care Plan <https://www.cdc.gov/aging/caregiving/pdf/Complete-Care-Plan-Form-508.pdf>



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