

Create a Disaster Plan: preparation done in advance can increase safety and hasten response. Make plans in conjunction with family, friends and neighbors so individuals will know the kind of assistance that you may need in the event of an emergency and will know their roles and

- Include home health care agencies/personnel in disaster plans
- Exchange contact information for home and evacuation locales
- Exchange keys with at least one individual
- Caregivers should name a substitute caregiver to provide care to you if needed. Share disaster plans with others outside the disaster area
- Have all supplies assembled in an easy to carry package, labeled with your name and contact information
- Label medical equipment with your name and contact information
- When an emergency arises, stay informed with continuous monitoring of television, radio, and/or the internet sources for information
- Have emergency contact numbers posted by the telephone

Medical History: have a current medical history on hand.

- A summary of most recent progress notes from a primary care physician, or
- A hospital discharge summary, or
- The history and physical findings from a recent hospital admission
- Store copies of records both on and off-site in case on-site records are destroyed.

Prescription Medications:

- Have prescription medications refilled
- Keep a record of current medication including dosages, or
- Keep the prescription bottles from current medications
- Make plans for any medications that require refrigeration

Other Health/Medical Supplies: along with medications, include other health and medical supplies in your disaster kits.

- Over-the-counter medications
- Pill supply boxes, pill splitters
- First aid kit
- Incontinence and other personal hygiene supplies
- Special foods
- Keep a supply of extra eyeglasses, hearing aid batteries, dentures, wheelchair batteries, oxygen, etc.

Put Plans in Writing:

- Create a binder with all important forms and paperwork
- Home, flood and health insurance policies and forms and contact information for insurance companies

Disaster Planning for Seniors

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- Medicare cards and medical/health records
- Medication lists, medical equipment/device lists (including model & serial #'s) - Copy of driver's license, social security card, wills, etc.
- Credit card numbers and companies' contact information
- Bank account numbers and bank contact information
- Keep the binder in a safe but easily accessed location
- **For caregivers:** having all information in writing is key in case you cannot provide information, or if you and the person you provide care to are separated
- Have all evacuation plans, medical histories, medical/health information, tips for reducing stress and trauma, etc. in writing so others can assist you
- Make lists with contact information for family, friends, neighbors that should be alerted if you are injured
- Have copies of all written materials with the you, with your caregiver, with family or friend inside and outside the disaster area, and place a boldly labeled copy somewhere it can be easily found

Identification: Carry identification and/or have tracking mechanisms in place to aid reunification with your relatives/friends if separated. Wear medical alert tags or bracelets