

Seniors – Be Prepared and Get It Together

Disaster Planning Tips

DISASTER PLANNING TOPICS	SPECIAL TIPS FOR SENIOR ADULTS
Water – 1 gallon/person/day Store at least 3 days worth and preferably 1 weeks	• Dehydration is a serious health problem for older adults. Store more than the recommended amount. • Gallon jugs of water are heavy. Use containers that are small enough to easily handle • Be certain that the caps are easily removable in spite of arthritis • Store extra water if you have pets • Water in swimming pools and spas can be used for sanitation and personal hygiene
Food – store 3-days to one week supply of non-perishable food	• Consider special dietary needs • Have a manual can opener that you can use
First Aid Kit – one for home and one for the car	• Add anything different that you might need. Take into consideration your medical condition and needs.
Prescription drugs	• Ensure that you have at least two weeks supply of prescription medicines on hand. Keep the containers with your prescription information on hand, and information on all prescription drugs, dosage, directions, interactions, refill dates
Non-prescription drugs – include pain relief, stomach medicine, and poison response drugs	• Keep several day's worth of all vitamins and supplements that you use daily. Withdrawal of some supplements can be a serious problem.
Medical needs , extra eyeglasses, hearing aid batteries, etc.	• If possible keep an extra pair of eyeglasses, hearing aid batteries and if you are in an electric wheelchair have a manual wheelchair available or extra batteries on hand • List of serial numbers and styles of medical devices (i.e., pacemakers)

DISASTER PLANNING TOPICS	SPECIAL TIPS FOR SENIOR ADULTS
People with special needs	• Alzheimer's Patients - o Register with People with Special Needs (PSN) Program – call 861-5000 - o ID bracelet or necklace - o Instructions for reaching family member, friends, physician - o Information about special or peculiar behaviors • Diabetics - o Special dietary foods - o Testing supplies - o Emergency insulin supplies that do not require refrigeration • Bed-Bound Persons - o Emergency transportation plan - o Supplies of daily care items – bed pads, adult diapers, linens - o Dietary needs • Oxygen dependent - o Oxygen supplies (including alternate power source – such as battery) - o Extra water for oxygen condensers
Emotional Support/Stress Reductions	• Form informal “support groups” to share concerns and information • Have a partner in your neighborhood, civic organization, church to prepare by gathering supplies and having a plan should a disaster event occur
Evacuation or move to shelter	• Consider backpacks to put supplies in if you must evacuate or move to a shelter • Prearrange transportation with friends or neighbors