****

 **A Plan For Senior Care’s Guide On**

 **Disaster Preparedness**

Disasters can happen when least expected. Taking a few simple steps to prepare can ease hardships in the event of a natural disaster. Elderly are more vulnerable when disasters happen, therefore, having a plan in place is critical as it could mean the difference between life and death.

**Make A Plan**

* Have a family meeting to assess the needs for your loved one. Create a disaster action plan. Practice and review the plan regularly and post for others to view.
* Ensure that your loved one's caregiver has all family contact information and out of town contacts. Review the plan with your loved one's caregiver.
* Inquire about emergency plans and procedures that exist in your loved one's community and stay informed.

**Prepare A Kit**

* Have a disaster kit to last for at least three days, stored in a backpack or duffel bag, preferably with wheels.
* Review content at least every six months or as your loved ones needs change.
* Include supplies such as:

**Water:** 1 gallon per person, per day and sanitation tablets.

**Food:** Canned or dried food, utensils and nonperishables. Recommendations are three day’s worth of food for evacuation and two weeks for home use.

**Prescriptions:** 7 day supply and a list of medications, eyeglasses, hearing aid & batteries. If used, several portable oxygen tanks.

**Important Documents:** Medical insurance, Social Security and Medicare cards, bank account information and driver’s license, etc.

**Pet Supplies:** Food and vaccination records.

**First Aid Kit**

**Miscellaneous:** Flashlight, batteries & battery operated radio and extra keys. Include items that are pertinent to the safety and comfort of your loved one.

**Change of Clothing & Cold Climate Supplies:** Including blankets

**Money:** Spare cash, a prepaid direct express debit card**.** Call (877) 212-9991 or sign up online at [www.usdirectexpress.com/edcfdtclient](http://www.usdirectexpress.com/edcfdtclient) this is a safe replacement to paper checks.

**If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. We will be happy to create a personalized care plan for your loved one.**

[**www.APlanForSeniorCare.com**](http://www.APlanForSeniorCare.com) **Call Us Today (866) 657-0026 info@aplanforseniorcare.com**