



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 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.