

Earth Shakes

Seniors and Special Needs

Set up an emergency support system

Emergencies can present additional challenges for seniors and people with disabilities or other special needs. Being prepared for any emergency can minimize these challenges. Designate a support system of caregivers, friends, and family and make a plan for them to check in and help you during an emergency. By planning ahead, you will feel more confident about protecting yourself following any emergency. It's important to know how a disaster may affect you. Determine what resources and supplies you may need, and share this information with the people in your support system.

Checklist for Seniors and Special Needs

Supply kit/to-go bag: Follow this supply kit checklist and include a month's supply of prescription medicines and medical supplies. Be sure to refill medications before they expire. Put them in your to-go bag and you can use them at home or take them with you to a shelter.

Vital documents

Keep copies of your emergency contacts and vital documents in a waterproof container and put them in your to-go bag. Documents include: ID, will and legal papers, insurance cards and papers, medical records, and a list of your allergies/medicines/dosages/medical supplies/equipment.

Benefits

A disaster can disrupt the schedule for mail service and government agencies. To make sure you get your social security or SSI payment on time, consider setting up a direct deposit through Go Direct (toll-free helpline 1-800-333-1795).

Medical equipment:

Teach members of your support system how to operate your equipment, and keep instruction manuals in your to-go bag.

Shelter

Locate accessible shelters and keep a list of phone numbers, maps, and addresses. If needed, have someone in your support network accompany you to a shelter. Shelters DO NOT have special equipment (e.g., oxygen, mobility aids). Be prepared to bring your own.

Evacuation plan

Work with someone in your support system to create an emergency plan and practice different evacuation routes. Practice dealing with unforeseen circumstances and situations, such as blocked paths or exits. If you must stay in your home during an evacuation: Ask someone in your support system to stay with you if possible. Ask them to place a note outside your home in a visible area advising that you are in the house and where you are located. Include emergency contact numbers.

Earth Shakes

 Complete This Senior Plan Now

This kit belongs to:

Important medical information:

(Name)

(Address)

(Daytime telephone)

(Evening telephone)

Allergies: _____

Friends or Family Reunion Locations

Local Contact _____
(Name)

(Address)

(Daytime telephone)

(Evening telephone)

Out-of State Contact _____
(Name)

(Address)

(Daytime telephone)

(Evening telephone)

Reunion Plans

List of Physicians

Name	Telephone
------	-----------

_____	_____
_____	_____
_____	_____

Medication List

Medication

Dose

Frequency

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Make a copy of this and distribute to all family members.

Earth Shakes

Checklist for Scooter/Wheelchair Users

Pack a tire repair kit and/or tire inflator in your to-go bag.

Teach members of your support network how to operate your equipment in an emergency: how to disengage gears of a power wheelchair, how to lift or transfer you, and how to lift or collapse your wheelchair or scooter. Know the weight of your wheelchair or scooter and the people in your support system who can lift it.

When an earthquake hits . . .

- Remain calm and patient
- Give first aid and help for seriously injured people
- Shut off valves for water, gas and electricity as needed
- Turn off all appliances and equipment
- Turn on your battery powered radio for news and instructions
- Stay away from downed powerlines
- Do not turn on lights and avoid striking a match if leaking natural gas is present
- Confine or secure your pets
- Call your family contact if absolutely necessary — do not use the telephone again unless it is a life-threatening emergency
- Seek out shelter and medical care if needed

Common household items you can add to your survival kit . . .

- Battery-operated or solar-powered radio
- Extra prescription medication
- Extra pair of eyeglasses and hearing aid batteries
- Vitamin, mineral and protein supplements
- Extra wheelchair batteries, oxygen
- List of the style and serial numbers of medical devices such as pacer makers
- Medical insurance and Medicare cards
- Pet food / can opener
- Extra clothing, shoes
- Family photograph
- Fire extinguisher
- 50 cents for the pay telephone
- Extra batteries
- Large plastic bag for sewage and human waste
- Tent
- An extra set of car keys
- Eye glass repair kit
- Sewing kit
- Tools (hammer, screw driver, pliers, knives, razor blades, pipe wrench)
- Extra toilet paper
- Additional water — to prevent the growth of microorganisms, add:
 - 1/2 tsp. chlorine bleach to 5 gallons water
 - 10 drops chlorine bleach to 1 gallon water