

EMERGENCY PLANNING FOR PEOPLE WHO HAVE COMPLEX/CHRONIC HEALTH CARE NEEDS

Communication

- Practice describing your condition and your treatments.
- Have pre-recorded messages with important information.

Making the decision to stay or leave

- Find out what the emergency plans are for your service providers.
- What does the provider suggest you do if medical care is needed and routine care is not available?
 - Emergency room vs. urgent care.
- If you feel unsure about what would be the safest option for you or your loved one, contact your local emergency manager to discuss your options.

Staying

- Can you maintain your health and well-being if you lose water and electricity?
 - The first 96 hours are on you.
- Do you have enough supplies to stay?
- Will you have access to your routine care?
- Keep in mind that the air quality may be affected. Will you be able to manage it?

Leaving

- Make plans for the supports you will need to leave your home. This may include packing, caregiving, transportation.
- Are there alternate locations for you to receive routine clinic care (i.e., dialysis, infusions, etc.)?
- Do you or your loved one utilize controlled prescriptions?
 - Will you be able to get them early?
 - Will you be able to get them filled at a different pharmacy if needed?

Go Kit/Stay Bag:

- Manual wheelchair for power wheelchair users (if able).
- Additional sterile and/or distilled water for medical usage.
- Extra medical grade gloves, diapers/pullups, wipes, bed pads.
- Extra formula or specialized nutrition.
- Extra OTC meds (in addition to prescription meds) including allergy meds, pain relievers for appropriate ages, laxatives/stimulants, antibiotic ointment, diaper rash cream
- In date rescue medications for seizures and allergic reactions (if necessary)
- Extra medical supplies for trachs/vent, feeding tubes, ostomies, etc.

- Extra surge protectors for medical equipment and chargers.
- Extra oxygen tanks or portable concentrators if utilized.
- Be sure to pack equipment that you may not frequently use such as nebulizers or cough assist.
- A hard copy or USB drive containing a list of:
 - diagnoses or conditions,
 - important surgeries or procedures,
 - providers including doctors, DME, pharmacies,
 - updated settings or requirements for medical equipment, and
 - any medical directives, power of attorney, etc.
- Insulated bag and freezer packs for medication that require refrigeration
- Blood sugar monitoring equipment and blood pressure cuff
- Bedside commodes
- Lift for toilet seat
- Shower chair
- Transfer seat
- Walker

Transportation

- Do you or your loved one require specialized transportation such as a wheelchair accessible van or an ambulance?
- Is your vehicle reliable?
- Do you have car chargers for medical equipment?
- Can your loved one tolerate riding in a vehicle for prolonged periods of time?
 - Does their health become unstable?
 - Do they need specialized seating for the trip?
- Make transportation arrangements before an emergency. If you do not have family or friends you can rely on, call the local Office of Emergency Preparedness to let them know you will need a ride.
- We have included a QR code for every OEP office in the state. Find your parish.



Sheltering

- Talk with shelter managers and/or family and friends about any specific needs that you or your loved one requires to maintain health.
 - Do you need to be closer to a power outlet to charge medical devices?
 - Do you need some separation from others to avoid any possible illness?
 - Do you need masks?

Returning Home

- Are you able to maintain your health if you return home?
- Do you need anything if air quality is affected? (For example, air purifier.)
- What providers are available if yours are not?
- When will your supply delivery resume?