

EMERGENCY PLANNING FOR OLDER ADULTS

Communication

- Practice describing your condition and your treatments.
- Have lists of medications and conditions up to date and written down to be included in important documents. (A recent summary from a medical appointment like a MyChart printout can be handy.)
- 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.
 - Do you receive medical supplies like diapers, wipes, mailed medications?
 - Will you receive the medical supplies or mailed medications before leaving? If not, when do the providers anticipate getting them to you?
- 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.
 - Are you able to independently fill and operate a gas generator?
 - If you have an alternate generator, do you know how to operate it and troubleshoot any problems if they arise?
 - Do you know all of the recommended guidelines for generator use such as how far to operate them away from a house or dwelling?
 - If needed, do you have a trusted support person to stay with you?
 - Do you have a fire and carbon monoxide alarms?
- 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:

- Dentures, hearing aids, etc. if utilized.
- Extra medical grade gloves, diapers/pullups, wipes, bed pads if used.
- Protein shakes can be helpful if not able to cook regularly.
- Extra OTC meds (in addition to prescription meds) that are in date including allergy meds, pain relievers for appropriate ages, laxatives/stimulants, antibiotic ointment, diaper rash cream.
- 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,
 - 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 for bed and for shower.
- Wheelchair, cane, or walker if needed. You may have to walk longer distances than normal.
- Slippers or slipper socks with grips.

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?
- 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?
 - Do you need any additional supports to navigate a shelter?
 - Do you need help getting up and down?

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?
- If your home is damaged, do you have a trusted support person to help navigate the rebuilding process?
 - Remember that times surrounding disasters are often when there is an increased risk of being taken advantage of.
 - If you have concerns about possible fraudulent contractors, contact your local police department's non-emergency line.

