

Preparing for Disaster

3 Steps Every Senior Should Take

In late August of 2005, the nation watched in disbelief as Hurricane Katrina hit the Gulf Coast and soon became the costliest hurricane of all time. Within a few days, the federal disaster declaration covered 90,000 square miles, an area almost as large as the United Kingdom. Events such as Hurricane Katrina serve as a great reminder that every individual needs a disaster plan. Even more so, a disaster plan for the elderly is essential if safety is to be maintained during a time of crisis. Here are three planning steps every senior should take today.

1. Get an Emergency Supply Kit

Many people often overlook this vital step until it is too late. Emergency supply kits should at least include three gallons of drinking water per person, a three day supply of non-perishable food, a radio with extra batteries, first aid kit, a flashlight with extra batteries and a whistle to signal for help.

2. Form a Support Network

The American Red Cross recommends that seniors form a personal support network as a critical step in disaster planning. Every senior should make arrangements with his or her support network to check-in with them after an emergency or disaster. These arrangements should be based on a system that does not require telephone communication, as lines & towers are often damaged following disasters. In addition, seniors should make copies of important keys and exchange them with their support group in case their personal keys are lost during the emergency or disaster.



*Disasters can strike at a moments notice.
Are you ready?*

3. Gather Emergency Documents

When natural disasters or other emergencies occur, there is often not enough time to gather important documents. Some of these documents include medical insurance or medicare cards, a list of current medications, a list of the style and serial numbers of any medical equipment or life-sustaining devices, and a list including contact information for the support network. Place these documents with the emergency supply kit.

For more information on disaster planning, visit www.preferredhome.com. If you would like to find out how Preferred Care at Home can become part of your support network, give us a call today: 866-690-7733.

