



Checklist: Disaster Preparation for Elders

Assessment:

- ✓ Understand risks based on area and home's location. Read up on planning for the likely risks and what resources are offered locally.
- ✓ Home assessment: Is the home reinforced for high winds, hurricanes, etc.? Are smoke alarms and fire extinguishers working? How old is the home and have the home's systems been checked/maintained? Assess points of weakness and determine if modifications or purchases are necessary.
- ✓ Personal assessment: Understand the person's medical/physical condition and how being without services and utilities might affect him/her. What supplies and services does the person need on a daily and weekly basis? Does the individual's medical condition make him/her especially vulnerable? Does the person have dementia or mental health issues that could be exacerbated by stress?
- ✓ Support network: What services or support does the person rely on and will they be available if disaster strikes? How can family, friends, neighbors, church members and community resources help?
- ✓ Based on these factors, explore the best options when facing a disaster (this may need to be reassessed each season, or for specific threats). Can the person shelter in place at home with proper preparation/supplies or should the person evacuate or stay with family, in a host home or an assisted living facility?

Preparing the Home:

- ✓ Complete a home safety evaluation and "falls prevention checklist" for overall safety. Visit easylivingfl.com for a checklist.
- ✓ Complete home maintenance, especially as related to risks (i.e. removing debris and branches for high winds, roof repairs, window upgrades).
- ✓ Purchase backup power sources and lighting (generators, power banks, batteries, flashlights, etc.).

- ✓ Check home systems. Is air conditioning and heating in good working order? Is electrical and plumbing up to code?
- ✓ Have some basic tools handy (knife, wrench to turn off utilities, etc.). Be cautious about repairs in the aftermath of the disaster...many injuries and deaths occur from accidents during these times.
- ✓ Based on the type of disaster you might face, prepare specific items such as sandbags for flooding.

Gather Key Information/Documents:

- ✓ Insurance and homeowner information/docs
- ✓ Key contacts
- ✓ Advance directives, estate planning documents, financial records
- ✓ Medical history (list of diagnoses, surgeries, allergies, providers and medications)
- ✓ ID, credit cards, insurance cards
- ✓ Place into waterproof container that you can “grab and go”. Keep copies with a trusted loved one/friend (preferably the person’s designated representative) or consider secure cloud storage options for access from anywhere.

Prepare Supplies:

- ✓ A battery powered or hand-cranked radio (NOAA radio preferred)
- ✓ Corded phone and/or cell phone (with backup batteries, car chargers, power packs)
- ✓ Two-week supply of shelf-stable food and water
- ✓ Can opener (non-electric)
- ✓ First-aid kit
- ✓ Medication supply (min. two weeks’ worth) and list of medications
- ✓ Medical supplies and equipment (checked for proper maintenance; prepare for power needs where applicable)
- ✓ Flashlights and plenty of extra batteries
- ✓ Hand sanitizer, alcohol, wipes
- ✓ Personal care supplies
- ✓ Prepare a “grab and go” kit for evacuating, with your information/documents, some food and water, clothing, medications, comfort items, bedding/blankets, eyeglasses, hearing aids (with extra batteries) and other needed medical devices or supplies. Label items with your name and phone #.

- ✓ Other items to consider: mosquito repellent, sunscreen, face mask (to protect from dust and fumes), matches, rain gear, whistle to signal for help, bleach/disinfectant. For a more detailed listing of what to put in your kit visit the [Disaster Center](#).

Important extras:

Personalize your planning and supplies to your needs and the types of situations you are likely to face.

Keep supplies fresh (check kits and replace outdated items).

Have a supply of cash (and, if applicable, fill your gas tank).

Plan and prepare for pets.

Set up a communication plan. Also, create a system for checking in on older loved ones and friends before, during and after possibly disasters or dangerous weather (extreme heat and cold, for example).

Hire support services where necessary to help with preparations and assistance. This might include someone to shop for supplies, getting a care management assessment, hiring caregivers or household help, and getting help with home maintenance.

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