

## EMERGENCY PREPAREDNESS TIPS FOR ELDERLY PERSONS

- Assemble **disaster supplies**.
- Arrange for someone to check on you.
- Find out and practice the best escape routes from your home.
- Plan for transportation in the event you need to be evacuated.
- Find the safest places in your home for shelter during each type of disaster.
- Post emergency phone numbers near all of your telephones.
- If you have home health care service, plan ahead with your agency for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Be sure they will be able to reach you.
- Keep emergency supplies (at least a three-day supply) in an easy-to-carry container such as a back pack or duffel bag. Make sure the container is in an easily accessible location.
- Label any equipment (wheelchairs, canes, walkers, etc.) that you may need with your name.
- Keep a copy of your eyeglass prescription, list of medications and their dosages, and other important papers to take with you if you have to leave your home.

