



Senior Update

...The Eyes & Ears of Alameda County Seniors

Commission
on
Aging

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...Planning for Emergencies What Should Seniors Know?

EMERGENCY PREPAREDNESS CHECKLIST for Seniors and People with Disabilities

IMPORTANT FIRST STEPS



Find a buddy!!!— If you need help to live independently, make sure someone is checking up on you daily. This may be your neighbor, your child, your meals on wheels driver, your Telecare phone volunteer, but **SOMEONE** needs to be there for you. Emergency response personnel will be too busy to get to individual homes.



Assemble a Disaster Supplies Kit — Gather the supplies (flashlights, battery operated radio first aid kit, etc.) needed to cope with all emergencies. This includes a 3-day supply of food & water and **extra** medical supplies.

Important things to have:

- Several flashlights** (By the bed and around the house, electricity may be out)
- Battery operated radio and extra batteries**
- Bottled water for 3 days** (3 gallons per person; include a small bottle of **bleach**)
- Non perishable, ready to eat food for 3 days** (Dried fruit, canned tuna, stew, beans, canned fruit juices, nuts, crackers, etc.). **Manual can opener** (To open canned food)
- First Aid Kit** (Include a First Aid Handbook, gauze, bandages, scissors, tape, disinfectants, antiseptics, aspirin and other nonprescription medications)
- Wrench for gas turn-off** (Use only if you or someone else smells gas)
- Whistle or loud bell** (To attract attention if trapped)
- Extra prescription medication to last for 5 days** (Also, copy of prescription)
- Emergency Health Information Card** (Include a list of current prescriptions)

Other important things you may need:

- Extra eyeglasses, hearing aid or walking aid** (Original equipment may be lost)
- Extra set of keys** (In case you cannot get access to the original set)
- Pet food and extra water for pets**
- Shoes under the bed** (To protect feet from broken glass from windows, lamps, etc.)
- A small amount of cash in case cash dispensing machines are not working**

SPECIFIC DISABILITY TIPS

For Persons Using a Wheelchair:

- Discuss lifting or carrying techniques necessary to get down stairs.** There may be instances where wheelchair users will need to leave their chairs behind in order to evacuate safely.

For Persons who are Blind or Visually Impaired:

- Put an extra collapsible cane by the bed.** Attach a whistle to the cane to use to attract attention. After an earthquake items may fall and block paths that are normally unobstructed.
- Guide dogs or working dogs** may also be disoriented after a big disaster.

For Persons who are Deaf or Hearing Impaired:

- Consider storing hearing aids** in a container attached to your night stand or bed post, so you can quickly locate them after a disaster.
- Keep an extra hearing aid** and batteries with emergency supplies.

For Persons who use Life-Support Systems:

- Secure all vital equipment.**
- Maintain a current list of alternate providers.**
- Consider an alternate power source, such as a generator.**
- Know how to use oxygen safely in an emergency.**
- Regularly test backup power supply.**
- Register with utility company for priority power restoration.**



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