

# PERSONAL PREPAREDNESS: SENIORS & ELDERLY

Seniors often have special needs in preparedness and response – although of course, “seniors” refers to a huge range of diverse people with diverse situations. Here are four useful steps for almost anyone:



**Have a Buddy** you speak to every day. It can make a big difference in being and feeling safe to know that someone is going to check on you every day – and if there were ever a problem, they would notice right away.



**Be sure you can stay in touch.** Write down contact information for people you care about (and people who care about you). Also, pick one person (and a backup) to be your contact, and let everyone know who it will be. If you make just **ONE CALL**, s/he can let everyone know you're okay!



**Build a Disaster-Kit.** Many of the things that can keep you safe and comfortable in an emergency are small, and often simple, low- cost items or items you already have. Even if you don't have every single item, put small, useful things in a small bag that you can pick up and carry at a moment's notice. (See, *What is a Disaster Kit?* on reverse side.)



**Ask your family for preparedness supplies.** Some supplies can be expensive. But do you ever get gifts you don't really need or want? Ask your loved ones to give you safety and preparedness instead – it's a gift of love to keep you safe and comfortable!



For more information, please contact:  
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# What is a Disaster Kit?

If you keep a Disaster Kit nearby, you can feel confident in a crisis knowing you have a few valuable resources waiting for you close at hand. The key to using a Disaster Kit is the same key to walking the world prepared: it's knowing you have the creativity and the attitude to make solutions happen using whatever you've got. You may not always have many resources, but you can always be resourceful – and Disaster Kits help you practice it!

***Here are some ideas we like – how would YOU create solutions with these tools?***

	<ul style="list-style-type: none"> <li>• If you have no gloves, wear multiple baggies on your hands to be a little safer.</li> <li>• Protect instructions from water, greasy fingers and food!</li> </ul>	 <ul style="list-style-type: none"> <li>• Use a code to communicate: 1=yes, 2=no, 3=help!</li> <li>• Warn people in danger.</li> </ul>
	<ul style="list-style-type: none"> <li>• Protect yourself from airborne hazards with a wet cloth on your mouth and nose.</li> <li>• Stay cleaner using it as a towel or washcloth.</li> </ul>	 <ul style="list-style-type: none"> <li>• Stay safer at night, simply walking to your car.</li> </ul>
	<ul style="list-style-type: none"> <li>• Conserve water by using hand sanitizer in between properly washing your hands.</li> <li>• Alcohol can help remove “permanent” ink to erase it.</li> </ul>	 <ul style="list-style-type: none"> <li>• Protect fragile or breakable things by wrapping them in tissue</li> <li>• Give tissues to kids as a safe, quiet toy they can destroy if they want!</li> </ul>
	<ul style="list-style-type: none"> <li>• Mark special areas (kitchen, first aid) or rope off unsafe places.</li> <li>• Make a temporary belt or replacement shoelaces.</li> </ul>	 <ul style="list-style-type: none"> <li>• Stay warm if evacuating at night – Mylar reflects heat AND blocks wind and even rain.</li> <li>• Stay VISIBLE wrapped in silver, so drivers and others can see you!</li> </ul>
	<ul style="list-style-type: none"> <li>• Help humanize and identify people with their names on the shirts.</li> <li>• Put special needs information on your arm, clothes, or signs.</li> </ul>	 <ul style="list-style-type: none"> <li>• Record vital information for contacting your loved ones.</li> <li>• Write down an inspiring quote, prayer or poem to help you keep the right attitude in a crisis.</li> </ul>

## Important personal information/items to include in your Disaster Kit

- Family contact Information
- Doctors contact Information
- Types of services such as dialysis, treatments, respiratory care, etc.
- Pets medication/paperwork
- Pictures
- Clothing/Shoes
- Savings that are stored in the home
- Treasured items you don't want to lose.

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