

Checklist:

Emergency Preparedness for Older Adults

The more you plan ahead, the more in control you'll feel and – most important – the safer your parent will be in the event of an emergency. Involve your parent in the planning process when possible so they are more likely to remember and optimize the plan to what works best for their needs and abilities. This list is not exhaustive and can be customized to your parent's unique circumstances.

Medical Emergencies

Clear home of tripping hazards

- | | |
|---|--|
| <input type="checkbox"/> Brighten dimly lit areas | <input type="checkbox"/> Fix uneven floor surfaces |
| <input type="checkbox"/> Cover exposed electrical cords | <input type="checkbox"/> Secure loose rugs |
| <input type="checkbox"/> Declutter walkways | <input type="checkbox"/> Secure unstable furniture |

Make medical information accessible

- | | |
|---|--|
| <input type="checkbox"/> Allergies | <input type="checkbox"/> Physician information |
| <input type="checkbox"/> Insurance | <input type="checkbox"/> Post important contact information near telephone |
| <input type="checkbox"/> Medical history | <input type="checkbox"/> Prescription and pharmacy information |
| <input type="checkbox"/> Medical ID bracelet or card | <input type="checkbox"/> Save important contact information in parent's cell phone |
| <input type="checkbox"/> Mobile app/online patient portal login information | <input type="checkbox"/> Other: _____ |

Discuss the following with parent and caregiver

- | | |
|---|---|
| <input type="checkbox"/> EMS protocol (signs of serious medical emergency vs. nonemergency) | <input type="checkbox"/> Signs of heart attack and stroke |
| <input type="checkbox"/> Fall safety and prevention | <input type="checkbox"/> Other: _____ |

Notes

Disaster Emergencies

Research which disasters could occur in your parent's area and how to prepare for each. Check reputable resources like FEMA.gov, RedCross.org and your local government website.

- Check disaster assistance for elderly/disabled persons on local government website
- Assemble and discuss preparedness with family and friends
- Learn community evacuation routes
- Learn the types and locations of community shelters

Create an emergency kit with the following items

- Assistive devices (cane, rollator, etc.)
- Battery-powered radio, flashlight and plenty of extra batteries
- Blankets or sleeping bags
- Cell phone with charger
- Change of clothing, rain gear and sturdy shoes
- Cooler and ice packs if medications require refrigeration
- Copy of important phone numbers
- Copy of up-to-date medical information
- Extra pair of glasses
- First aid kit
- Hearing aids and extra batteries
- Medical device information (model number, vendor, etc.)
- Medical supplies (syringes, oxygen tank, extra batteries, etc.)
- Minimum of a week's supply of medication(s)
- Nonelectric can opener
- Nonperishable food
- Water (one gallon per person, per day; replace every six months)
- Whistle

Inclement weather safety precautions

- Create and practice fire evacuation route
- Deice walkways
- Install fire extinguisher in kitchen
- Install hurricane shutters
- Install power generator
- Install smoke detectors on every level of home; test them regularly
- Keep a whistle in each bedroom to awaken household in case of fire
- Service HVAC unit
- Show parent how to operate power generator safely
- Show parent how to turn off water, gas and electricity at main switches when necessary