

# Since You Care, Be Prepared!!

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Preparedness Tips for  
Caregivers in  
Emergencies & Disasters





- Disaster/Emergency Awareness
- Creating a Plan
- Preparing Your “Kits”
- Practicing Your Plan
- Additional Resources & Next Steps

## *Emergency Preparedness Tips for Older Loved Ones*

When natural or human-caused disasters strike, seniors are often hardest hit. Here are 10 steps families can take to keep their loved ones safe.



Know the types of emergencies most likely to occur in your loved one's area.



Help create a support system of neighbors, friends and professionals.



In case of a power outage, have a manually operated wheelchair available.



Ensure a backup power supply for oxygen and other electrical medical devices.



Prepare emergency supplies, including nonperishable food, water and a flashlight.



Always keep a two-week supply of medications and other medical needs on hand.



Identify an evacuation shelter that can meet your loved one's medical needs.



Pack an evacuation bag, including food, water, and your loved one's medical supplies.



Establish a communication plan, including a cellphone and out-of-area contact person.



If your loved one has pets or a service animal, make preparations for them as well.

# Why Personal Preparedness?

Help is **not** always right around the corner

- Mitigates impact of disaster
- Greater Preparedness = Faster Recovery

# Awareness & Alerting



# STAY INFORMED

Sign up to get official emergency alerts in your neighborhood by text, email or phone.

Visit [WarnCentralTexas.org](http://WarnCentralTexas.org) and sign up today.



A service of the Capital Area Council of Governments for Bastrop, Blanco, Burnet, Caldwell, Fayette, Hays, Lee, Llano, Travis, and Williamson counties.

# Creating a Plan



- Shelter-in-Place vs Evacuation
- Routes and Alternate Locations
- Family/Household Communication
- Specific Needs & Resources
- DETAILS DETAILS DETAILS

# Who?

- **YOU**
- Dependents and/or Care Receiver
- Support system (family or other)
- Pets? Livestock? Service Animal?



# What & When?


 Don't forget pets/service animals

 Devices and Medical equipment-batteries

 Prescriptions

 Dietary

 Support network

 Share your plan

 Extra key to home, emergency plan, back-up service providers

 Communication

- What **actions** need to be taken
- What **Resources/Supplies** do you need
- What information needs to be shared
- **Timelines**

# How & Where?

- Transportation
- Assisted or Unassisted?
- Where do you go?
- How long can you stay?



# Knowledge & Skills

What knowledge and/or skills would be helpful in a disaster?

- First Aid/CPR
- Driving, Swimming, Meal Prep
- Fire safety

What Caregiving skills may be needed?

- Moving/Lifting
- Basic Medical Equipment management?

# Gather Your Resources

- Build your “Kits”
- Documentation
- Digital Stockpiling as a backup
- Financial Resources



# Preparing Your “Stay-Kit”



- **Each individual** in the Household gets their own kit
- 7-Day Supply of Food & Water, Medications, etc.
- Communication resources to send/receive information
- Protective Measures (temperature, weather, power, etc.)

# Preparing Your “Go-Kit”

- A kit for each individual in the Household
- Transportation & Space for Resources
- Plan routes and locations ahead of time
- Practice Practice Practice!!!



# Practice Makes Proficient

- Validates your plan
- Identifies shortfalls & problem areas
- Exposure & Familiarity
- Everyone Has a Role



# It Takes A **Village**

- Sharing the Plan
  - Support Network
  - Neighbors & Family/Friends
- Verifying Regularly



# Additional Tips & Resources

- Check-lists & Important Documents
- Beware Scams post-disaster
  - FEMA Disaster Fraud Hotline: [1-866-720-5721](tel:1-866-720-5721)
- Financial Preparedness is important!!

# Financial Preparedness



- Take a photo or scan important documents- SS Card, Driver's License, birth certificate, etc.
- Benefits Electronically-direct deposit
- Stash some Cash
- Insurance Card, Health care provider's information
- Emergency Financial First Aid Kit- FEMA,#532
- Yellow/Important Documents folder

# Resources

[www.warncentraltexas.org](http://www.warncentraltexas.org)

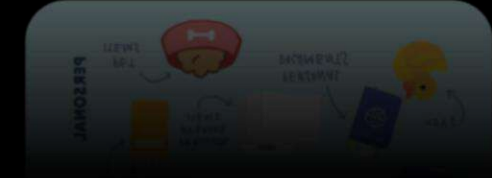
[www.ATXFloods.com](http://www.ATXFloods.com)

[www.ready.gov](http://www.ready.gov)

[www.redcross.org](http://www.redcross.org)

[www.aacap.org](http://www.aacap.org)

[Disaster Assistance for Caregivers \(ncoa.org\)](http://Disaster Assistance for Caregivers (ncoa.org))



# Next Steps

Plan!

Prepare!

Practice!



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