



Emergency Preparedness for Seniors

Basic emergency preparations are important at any age. Older adults and seniors may need to update their preparations as their needs change. Evaluate the needs of older adults in your household, include them in your emergency plan and add any necessary items to your emergency supply kit. Ready.gov recommends that older Americans also consider the following measures:

- Create a network of neighbors, relatives and friends to aid you in an emergency. Discuss your needs and be sure everyone knows how to operate necessary equipment.
- Keep specialized items ready including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and other items you might need.
- Keep written copies of your prescriptions, over-the-counter medications and orders for medical equipment, including dosage, treatment and allergy information.
- Make a list of the type and model numbers of the medical devices you require.
- Talk with your service provider about their emergency plans if you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation. Work to identify back-up service providers.
- Get copies and maintain electronic versions of health records from doctors, hospitals, pharmacies and other sources and store them for personal reference. The U.S. Department of Health and Human Services provides an online tool to help people locate and access their electronic health records from a variety of sources.
- Coordinate with friends, family or specialty transportation service providers in the event of a mandatory evacuation.