



Disaster Preparedness for Seniors



Fredericton

Emergencies can happen at any time. This guide provides information for seniors on how to put together a kit, make a plan, and create a support network so that you can be prepared in the event of an emergency.

Get a Kit

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a bank, retail stores, medical facility or even a drugstore.

Basic Supplies

Recommended basic emergency supplies include:

- 1 **Water**, at least two litres of water per person per day for at least three days, for drinking and sanitation
- 2 **Phone** contact
- 3 **Food**, at least a three-day supply of non-perishable food and a can opener if kit contains canned food
- 4 Battery-powered or hand crank **radio**
- 5 **Flashlight** and extra batteries
- 6 **First aid kit** – include a **whistle** to signal for help
- 7 **Dust mask** to help filter contaminated air and **plastic sheeting** and **duct tape** to shelter in-place
- 8 **Moist towelettes, garbage bags** and **plastic ties** for personal sanitation
- 9 Favourite **book/playing cards** etc.
- 10 **Pet food, extra water** and **supplies** for your pet or service animal
- 11 Include **medications** and a copy of your prescriptions as well as dosage or treatment information

Additional Items

If you use eyeglasses, hearing aids and hearing aid batteries, wheelchair batteries, and oxygen, be sure you always have extras in your home. Also have copies of your medical insurance and Medicare cards readily available.

Emergency Documents

Include copies of important documents in your emergency supply kits such as family records, wills, power of attorney documents, deeds, social security numbers, credit card/bank information, and tax records. It is best to keep these documents in a waterproof container.

Make A Plan

- 1 The reality of a disaster situation is that you will likely not have access to everyday conveniences. To plan in advance, think through the details of your everyday life. If there are people who assist you on a daily basis, list who they are and how you will contact them in an emergency.
- 2 Think about what modes of transportation you use and what alternative modes could serve as back-ups. If you require handicap accessible transportation be sure your alternatives are also accessible.
- 3 Keep a copy of your plan in your emergency supply kits and a list of important information and contacts in your wallet. Share your plan with your family, friends, care providers and others in your personal support network.
- 4 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, talk to your service provider about their emergency plans. Work with them to identify back-up service providers within your area and the areas you might evacuate to. If you use medical equipment in your home that requires electricity to operate, talk to your health care provider about what you can do to prepare for its use during a power outage.

Create A Personal Support Network

- 1 If you anticipate needing assistance during a disaster, make a list of family, friends and others who will be part of your plan. Talk to these people and ask them to be part of your support network. Share each aspect of your emergency plan with everyone in your group.
- 2 Make sure everyone knows how you plan to evacuate your home or workplace and where you will go in case of a disaster.
- 3 Ensure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies. Practice your plan with those who have agreed to be part of your personal support network.
- 4 Your family may not be together when disaster strikes. Plan how you will contact one another and review what you will do in different situations.

Should You Stay or Go

Depending on your circumstances and the type of emergency, the first important decision is whether to stay or go. **You need to plan for both possibilities.**

Local authorities may not always be able to provide immediate information in an emergency. It's extremely important to monitor news reports for information and instructions. If you decide to go away, plan how you will safely leave, considering your options and directions.

If you are in a building where you use an elevator, you will need a back-up plan in case they are deemed unusable.

If you have a mobile device, ensure you have the charging attachments, should you have to leave.

Keep your emergency kit close-by, and take it with you, if you decide to leave or are ordered to leave.

Regardless of where you are, there may be situations when it is simply best to stay put and avoid outside uncertainties.

There may be situations when you are ordered to evacuate or seek medical treatment; follow those orders immediately. You may have to consider how a shelter designated for the public would meet your needs. If you require additional travel time, or need transportation assistance, make these arrangements in advance whenever possible.

For more information, please visit www.fredericton.ca/EMO

