



Older Americans Preparedness

May 2009



- 1 Get A Kit
- 2 Make A Plan
- 3 Be Informed

Preparing Makes Sense For Older Americans. Get Ready Now.

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. This guide outlines commonsense measures older Americans can take to start preparing for emergencies before they happen.

Preparing makes sense for older Americans. Get Ready Now.

Website for Older Americans at ready.gov

The ready.gov program has an entire section of its website dedicated to older Americans. Click [here](#) to go there.

(www.ready.gov/america/getakit/seniors.html)

You can **watch a video** prepared especially for seniors that tells you what to do: preparing a kit, making a plan, making sure you have a network of people who know about your special needs (such as insulin shots) and how to keep informed.



You can **download and print out a brochure** with all the information you need right at your fingertips.



NOAA weather radios cost only \$20 - \$30 and provide immediate broadcasts of severe weather warnings and civil emergency messages. Stay posted and stay safe.

Here's Something To Think About...

Be sure to conduct fire drills and practice evacuating your home twice a year.



MAY 2009 National Older Americans Month

Racine County Office of Emergency Management
730 Wisconsin Ave. • Racine, WI 53403 • (262) 636-3515
www.racineco.com/emergencymanagement



Older Americans Planning

The U.S. Department of Homeland Security worked with AARP, the American Red Cross and the National Organization on Disability to develop information for older Americans and those with disabilities and special needs.

This plan focuses on the needs of our older populations. Much of the information also applies to Americans with

disabilities and special needs.

Medications, backup plans for care, emergency documents and so on are all needs that must be considered in an emergency or disaster that go beyond the basics. Make sure you understand what you need and how to get it.

Step 1: Get a Kit.

- Plan to make it on your own, for at least three days.
- Get or create an emergency supply kit, which includes items like non-perishable food, water, a battery-powered or hand-crank radio, extra flashlights and batteries. On the front of this bulletin are links to the ready.gov website where you can find a video and a brochure to help you prepare an emergency kit.
- Include or have on hand medications, medical supplies, an extra pair of glasses, hearing aids and batteries, wheelchair batteries and oxygen. Have emergency documents, insurance cards and Medicare or Medicaid cards available.
- Store your emergency kit in your shelter location.

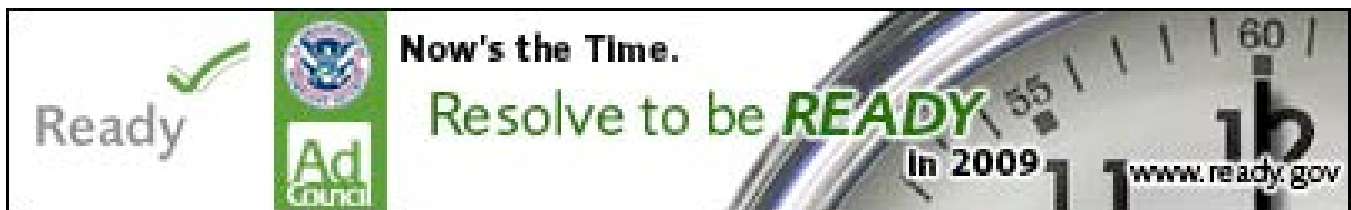
Step 2: Make a Plan.

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. For every aspect of your daily routine, plan an alternative procedure.

- Make a plan and write it down. 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.
- If there are people who assist you on a daily basis, list who they are, and how you will contact them in an emergency.
- Create your own personal support network by identifying others who will help you in an emergency.
- 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.
- Your family may not be together when disaster strikes, so plan how you will contact one another and review what you will do in different situations.
- If you are told to evacuate or seek medical treatment, do so immediately.

Step 3: Be Informed.

- Watch t.v., listen to the radio or listen to a NOAA radio for instructions. Listen to local officials.
- Learn about the emergency plans that have been established in your area by your state and local government. In any emergency, always listen to the instructions given by local emergency management officials.



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