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Seniors & Disabled Citizens

- **Set up a Personal Support Network:** Designate someone to check on you in an emergency and to help with evacuation or sheltering-in-place.
- **Prepare and carry with you an emergency health information card:** This will help you to communicate if you are found unconscious or incoherent. Include information about your medications, adaptive equipment, blood type, allergies and sensitivities, insurance numbers, immunization dates, communication difficulties and preferred treatment, as well as contact information for your health providers, personal support network and emergency contacts.
- **Personal Care Assistance:** If you receive assistance from a home healthcare agency or in-home support provider, find out how the provider will respond in an emergency. Designate backup or alternative providers that you can contact in an emergency.
- **For Persons Using a Wheelchair:** Plan for how you will evacuate in an emergency and discuss it with your care providers. If you use a motorized wheelchair, have a manual wheelchair as a backup.
- **For Persons who are Blind or Visually Impaired:** Keep an extra cane by your bed. Attach a whistle; in case you need to attract attention. Exercise caution when moving, paths may have become obstructed.
- **For Persons who are Hearing Impaired:** Keep extra batteries for your hearing aids with emergency supplies. Consider storing your hearing aids in a container attached to your nightstand or bedpost, so you can locate them quickly after a disaster.
- **For persons with Communication Disabilities:** Store paper, writing materials, copies of a word or letter board and preprinted key phrases in your emergency kit, your wallet, purse, etc.

Childs Emergency Kit – Child’s Go Bag

Every child in your home should have and Emergency Kit. These kits should contain at least the following items

- Include a family picture and a favorite toy, game or book for each child in his/her Go-bag.
- Include your child’s emergency card and include information on reunification locations and out-of-area contact.
- Provide comfort food and treats for each child in your family disaster supplies kit.
- Keep a recent photo of your children in your Go-bag.



