



## Caregiver Tip of the Month – July 2012

Notes from Area Agency on Aging of North Idaho

### Emergency/Disaster Planning

With the fires in the West and the flooding in the East, it makes us realize how important planning is, especially for the elderly. The Red Cross has a booklet *Disaster Preparedness for Seniors by Seniors*. It details **3 steps to Preparedness**: **Create a Kit**: They have great checklists – Basic Needs and Supplies, Cold Weather Supplies and Supplies for Your Vehicle. **Make a Plan**: Include a communication plan among family and friends, a map of escape routes, pre-determined meeting places and post-emergency contacts. Plan for those with disabilities; plan for pets or service animals. List procedures for utilities turn-off and gather vital records and documents. Maintain your kit and practice your plan. **Be Informed**: Be aware of likely disasters for your area and know your community warning system and emergency alert systems (remember those radio messages–“this is only a test”). Check to see if your neighborhood association has a disaster plan, and have contact information for your local fire departments. When disaster strikes, understand ‘Shelter in Place’ (sealed room), and ‘Stay at Home’ (winter storm). Know your escape routes from each room in case of fire. If evacuation is needed, follow local instructions, lock your house, and take your kit. Special considerations and planning have to take place when grandparents care for grandchildren, or when mobility or disability impede quick action. Preparedness makes a big difference. Link to this booklet is [http://www.redcross.org/www-files/Documents/pdf/Preparedness/Fast%20Facts/Disaster\\_Preparedness\\_for\\_Srs-English.revised\\_7-09.pdf](http://www.redcross.org/www-files/Documents/pdf/Preparedness/Fast%20Facts/Disaster_Preparedness_for_Srs-English.revised_7-09.pdf) or find more information at [www.redcross.org](http://www.redcross.org) , or [www.fema.gov](http://www.fema.gov).

Area Agency on Aging provides services, supports and information on local resources all year long to support the older population. Contact Betsy Bullard, Area Agency on Aging, at 667-3179, ext. 222, or email [infoassist@aaani.org](mailto:infoassist@aaani.org) to find out more about these topics and other resources or visit our website at [www.aaani.org](http://www.aaani.org).