

### Special Considerations

In addition to food, water and other items needed in all 72-hour kits, the following items may be helpful to older adults and people with disabilities:

- A list of important medical information including doctors' names, contact information, medication types and dosages, and style and serial numbers of medical devices (such as pacemakers, insulin pumps). Information may be kept on a thumb drive.
- Pre-scripted information cards or other communication aids needed by those with speech-related disabilities
- Extra eyeglasses or magnifiers
- Extra medications, oxygen supplies and any other special items
- Hearing aid batteries
- A whistle to signal for help
- A Braille or talking clock
- Additional mobility aids such as a cane, walker, or lightweight wheelchair
- Pet carrier, food and water for pets and service animals
- Heavy gloves, in case there's a need to wheel through glass and debris
- A battery charger for a cell phone, laptop, or other equipment
- Extra battery for motorized wheelchairs
- A tire patch kit and spare inner tube or wheel for wheelchair, walker, or scooter
- Pad and pencil
- Identify an alternate source of power (generator, battery) for durable medical equipment during extended power outages

Administration on Aging [www.aoa.gov](http://www.aoa.gov)

Ready.Gov [www.ready.gov](http://www.ready.gov)

Volunteer Connection [www.clackamasvolunteers.org](http://www.clackamasvolunteers.org)

Receive emergency notifications via cell/VOIP phones and text message! [www.publicalerts.org](http://www.publicalerts.org)



# Plan. Prepare.

## Seniors and People with Disabilities: Planning and Preparing for an Emergency

Disasters and emergencies can affect us all, and seniors and people with disabilities can be especially impacted. Thinking ahead about what your actions will be -- and developing an emergency plan -- can significantly improve your safety and welfare. NOW is the time to put together a plan and an emergency kit.

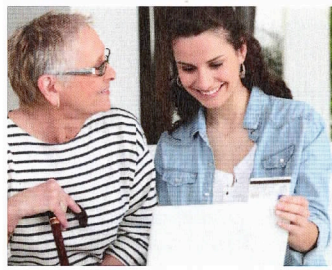


This brochure was developed by COAD: Community Organizations Assisting in Disaster of Clackamas County

## Plan ahead!

If you have needs or disabilities that make it difficult to respond in an emergency, work with your family, your neighbors and co-workers to develop a plan for what to do in an emergency.

- Identify how you will contact each other, and what action should be taken.
- Establish a person outside of the area or in another state who can serve as a contact when you can't communicate under local conditions.
- Work with neighbors and co-workers so that they can check on you when a disaster warning is issued.



## Set up a self help network

Self help networks are arrangements with people who agree to assist an older adult or person with access or functional needs. Networks include caregivers, friends, neighbors, and relatives. Work together to identify and discuss your abilities and limitations. Create a plan for alerting and communicating with one another in a disaster, and provide a key for your home so that people in your network can help you.

## Vision or Hearing Impairment

If you have a vision or hearing impairment, you may not be able to see or hear disaster warnings or emergency instructions. Arrange ahead of time to receive information in a format you can use.

- Register for emergency notifications via text message and set cell phones to vibrate.
- Install strobe lights for smoke and fire warning.



## Mobility Issues

Individuals using a wheelchair, cane, walker or other assistance may have difficulty getting to safety. Plan ahead and practice what you intend to do.

- Teach caregivers and others the proper way to assist someone into and out of a wheelchair.
- Be prepared to describe your location to emergency responders.
- If an earthquake strikes and you use a wheelchair, you should:
  - Remain in the wheelchair.
  - Move to cover and lock the wheels.
  - Protect your head with your arms.
  - Be familiar with the best exit routes from the building.

## Developmental or Intellectual Disabilities or Mental Illnesses

Some people may become confused about what to do in an emergency. Tell responders to give you clear, calm, step-by-step instructions.

## Respiratory Illnesses

Symptoms can be aggravated by stress, oxygen and respiratory aids may not be readily available. Keep a portable emergency equipment supply.

Provide reassurance to those experiencing breathing difficulties and try to find areas free of dust and smoke.



## Service Animals

Animals may become disoriented or anxious in a disaster. People normally assisted by service animals may have to depend on others to lead them, as well as their animals, to safety. Service animals are allowed to stay in emergency shelters with their owners.

*For more information on emergency preparedness contact Clackamas County Emergency Management at (503) 655-8378 or visit*

<http://www.clackamas.us/emergency>