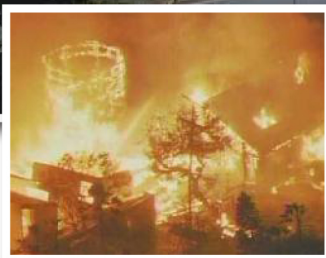


Disaster Safety & Preparedness: *for Seniors & People with Disabilities*



People of every age need a plan of action in case of an emergency. Although you may be in good health, you probably aren't as agile as you used to be. Or you might have a disability that can present additional challenges. Age and disabilities do not have to be debilitating in emergencies. By planning ahead, you'll feel more confident about protecting yourself during an emergency,

whether it is a house fire, power outage, hurricane or attack on the community. Now is the time to get prepared.

Customize an Emergency Kit

- Keep a supply of food, water, clothing and other survival gear in an easily accessible location.
- For those who use a battery powered wheelchair, keep an extra, charged battery and even a manual wheelchair near your emergency kit.
- Keep a medical information sheet with you. The list should include instructions for medications or devices along with copies of important medical papers. Your list should include:
 - ▶ Medicine prescriptions and dosage instructions
 - ▶ Blood type and any allergies
 - ▶ Eyeglass prescription
 - ▶ Medicare cards and medical insurance papers
 - ▶ Style and serial numbers of a pacemaker or other medical devices and use instructions
 - ▶ Contact information for your doctors and pharmacist

Be Prepared To Evacuate

- Know evacuation plans for all the places where you spend time. Many buildings have floor marshals. Be sure to let them know what special assistance you may need in an emergency.
- Make alternate transportation plans; the means of transportation you usually use may not be available.
- If you are at home, take your emergency kit and medical information when you evacuate!

Develop a Disaster Plan

- Decide where you will reunite with family, friends or caregivers after a disaster. Identify two places to meet: one outside your home and another outside your neighborhood such as a library, community center or place of worship.
- Know and practice all possible exit routes out of your home and neighborhood.
- Designate an out-of-state friend or relative that you can call during a disaster. A long-distance call may be easier to make and can help you communicate with others.

It is not only important to prepare yourself but also to prepare your loved ones. For more information on disaster preparedness, contact the American Red Cross at www.nyredcross.org or contact them at 1-877-REDCROSS.