



WEATHER SAFETY OLDER ADULTS

**You may have specific needs for a disaster.
Take time now to get prepared.**

Plan with your family or household and start by discussing the following questions:

- How will you receive life-saving alerts and warnings?
- Where will you seek shelter?
- How will you get to your shelter if it's somewhere other than your home?
- If you rely on public transportation, what will you do if that service is interrupted?
- What will you do if your meal delivery service can't be delivered?
- How will you communicate with your family?



Plan for your transportation if you will need help getting to your shelter



Be sure to include medications, medical supplies, batteries, and chargers in your emergency preparedness kit



Plan for how you will have your assistive devices with you in your shelter



Make copies of important documents, such as Medicaid, Medicare, and other insurance cards



PACK AN EMERGENCY KIT

Be sure to pack basic materials in your emergency kit such as food, water, first aid, and extra clothing.

Your kit should be personalized for your needs, but consider the following:



- At least a 3-day supply of medication. If it needs to be kept cold, have a cooler and/or ice packs available
- List of all your medication, including its exact name and dosage, your pharmacy's contact information, and the name of your doctor
- ID band containing your full name, contact number for a trusted family member or caregiver, and any allergies to food or medicine
- Hearing aids with extra batteries
- Glasses and/or contacts with contact solution
- Medical supplies with extra batteries
- Information about medical devices (wheelchairs, walkers, oxygen, etc) including model numbers and vendors
- Copies of medical insurance cards
- Copies of your photo ID
- Documents for power of attorney and/or medical power of attorney, if needed



Visit [ready.gov/older-adults](https://www.ready.gov/older-adults) to build your own plan

