

## Plan Ahead

**The most important thing you can do in preparing for a disaster is to plan ahead.** You must take responsibility for your own survival.

Local officials will be on the scene of a disaster but they can not reach everyone right away. Being self-sufficient and having a network of support established prior to a disaster may be the difference between life and death!

This brochure gives you some basic guidelines for disaster preparation, as well as resources for more specific planning.

## Resources

- ✓ **Your Family Disaster Supplies Kit** (a list of basic supplies)
- ✓ **Disaster Preparedness: A guide for people with disabilities** - both are available from the Red Cross or the Alameda County EMS agency (call or check the websites).
- ✓ **Red Cross (local office)**—  
85 2nd Street - 8th floor  
San Francisco, CA 94105  
(415) 427-8000 (415) 427-8104 (fax)  
**website:** [www.redcross.org](http://www.redcross.org)
- ✓ **[www.Prepare.org](http://www.Prepare.org)**- Preparedness information for seniors by seniors

### Emergency Medical Services

**1000 San Leandro Blvd., Suite 200  
San Leandro, CA 94577**  
(510) 618-2050  
(510) 618-2099—fax  
**e-mail:** [alcoems@acgov.org](mailto:alcoems@acgov.org)  
**website:** [acgov.org/ems](http://acgov.org/ems)  
Click on "community"



Alameda County  
Emergency Medical Services

# Disaster Planning for Seniors



## Special Considerations

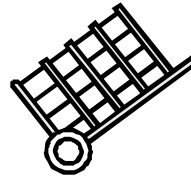
- Decide on a safe place in your home for you to go to during an emergency. Make sure you have easy access to this space.
- Special equipment, for example, telephones, tanks of gas (such as oxygen) and life support equipment should be anchored to the wall to avoid injury.
- Keep a list of:
  - ✓ your medications and dosage
  - ✓ your allergies
  - ✓ special medical equipment (e.g.: pacemakers)
  - ✓ names and numbers of doctors, pharmacists & family members
- Walking aids should be kept near you at all times.
- Plug in a security light in each room. These light up automatically during a power failure.
- Keep extra emergency supplies at your bedside.
- **Support Network:** Find two people who will check on you. Tell them your special needs. Show them how to operate any equipment you use. Show them where your emergency supplies are kept. Give them a spare key.

## Disaster Supply Kit



See the **resource list** on the back of this brochure for information on putting together a **basic disaster kit**. In addition, seniors should also consider adding:

- a whistle to signal for help.
- a one-week supply of essential medications and oxygen (if applicable).
- Extra hearing aid batteries and eye glasses.
- extra warm clothing and blankets. You may be without heat for awhile.
- a fan to cool yourself in summer if you have no air conditioning. The fan could be battery operated or a hand fan.
- if you have dietary restrictions make sure the food in your disaster kit is appropriate for you.
- make sure you can carry your disaster kit & water bottles. Consider a light-weight kit or a kit-on-wheels, and smaller water bottles.



## If you are Disabled:

Obtain a copy of **Disaster Preparedness: A guide for people with disabilities** (see resource list). This document will help you determine your **level of ability**, identify your **support network**, and how to prepare for **your special needs** during a disaster.

### YOUR IMPORTANT NUMBERS

Write down numbers important to you. Use pencil so you can make changes when needed.



#### My Support Network:

1. \_\_\_\_\_
2. \_\_\_\_\_

#### Others:

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