



Creating a Support Network for Older Adults

*Texas AgriLife Extension Service
The Texas A&M University System*

If you anticipate needing assistance during a disaster talk to family, friends and others who will be part of your personal support network. This support network may be a vital part of keeping you safe during a disaster.

1. Share your emergency plan with everyone in your support network
2. Share how you plan to evacuate your home and where you will go in case of a disaster
3. Give someone an extra key to your home and tell them where you keep emergency supplies
4. Teach your support how to use any lifesaving equipment, administer medicine, etc.
5. Shelter
 - Plan whether you want to shelter with friends and family
 - Consider how a shelter designated for the public would meet your needs
6. Make sure you have alternate ways to communicate if phones are not working
 - Assigned meeting place
 - Technology that does not depend on telephone
 - Make a paper list of contacts
7. Questions to Help You Plan
 - What resources you rely on regularly?
 - Do you depend on public transportation?
 - Do you receive medical treatments?
 - Do your medications need refrigeration?
 - Do you need assistance with personal care?
 - Do you use equipment depending electricity?
 - Do you use aids such as a walker, cane, wheelchair or scooter?
 - Do you use a service animal?
8. Practice your plan