



Know. Plan. React. Disaster Preparedness for Older Adults

Andrew B. Crocker
Extension Program Specialist II – Gerontology & Health
Texas A&M AgriLife Extension Service
The Texas A&M University System
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Today We'll Talk About. . .

- Know
 - Identify the disasters most likely for your area
- Plan
 - Describe ways to help you prepare for a disaster
- React
 - If a disaster occurs, identify what actions may help keep you safe



What Is a Disaster?

- A disaster may be natural
 - Hurricane
 - Tornado
 - Wildfire
 - Flood
 - Flu
- A disaster may be man-made
 - Terrorism
 - Wildfire



Plan! Plan! Plan!

- Get ready now!
- Consider how a disaster might affect your needs
- Plan to make it on your own, at least for a period of time
- Identify what you use on a daily basis
 - What if supplies are limited or unavailable
- Get an emergency supply kit
- Plan for your pets & companion animals



Emergency Supply Kit

- Water
- Food
- Battery-powered or hand crank radio
- NOAA Weather Radio
- Flashlight
- Extra batteries
- First aid kit
- Whistle
- Dust mask
- Plastic sheeting
- Duct tape
- Moist towelettes
- Garbage bags & plastic ties
- Wrench or pliers
- Can opener
- Local maps



Emergency Supply Kit

- Prescription medications and glasses
- Pet food and extra water for your pet
- Important family papers in a waterproof container
- Cash or traveler's checks
- First aid book
- Sleeping bag or warm blanket
- Complete change of clothing
- Chlorine bleach and medicine dropper
- Fire Extinguisher
- Matches in a waterproof container
- Feminine supplies and personal hygiene items
- Mess kits, paper cups, plates and plastic utensils, paper towels
- Paper and pencil



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?



Create a Support Network

- Talk to family, friends and neighbors
- Share your emergency plan with everyone in your support network
- Share how you plan to evacuate your home and where you will go in case of a disaster
- Give someone an extra key to your home and tell them where you keep emergency supplies
- Teach your support how to use any lifesaving equipment, administer medicine, etc.
- **Practice your plan**



Create A Support Network

- Plan whether you want to shelter with friends and family
 - Consider how a shelter designated for the public would meet your needs
- 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



Important Papers

- Include copies of important documents in your emergency supply kits
 - Medical records
 - Wills
 - Advanced Directives and/or Powers of Attorney
 - Social security number
 - Credit card and bank account information



Important Papers

- Copies of medical insurance and Medicare cards
- Style and serial number of medical devices or other equipment
 - Operating information and instructions
- Names and numbers of your support network
- Names and numbers for your health providers
- Give copies to a friend or family member
- Store in a water proof container



Medicare & Medicaid

- “Original” Medicare works in all 50 states
 - Parts “A,” “B” and “D”
- Medicare Advantage may have limited coverage in a different state
 - May have special waivers if evacuated
- Medicaid may work in a different state
 - May have special waivers if evacuated



Direct Deposit

- Payments are automatically made to your bank account
 - Paycheck
 - Social Security check
 - Disability and/or SSI check
- For Social Security and SSI
 - <http://www.socialsecurity.gov/onlineservices/>
 - 1.800.772.1213
- For all others, contact the appropriate payer



Medications & Medical Supplies

- Have at least a week's supply of medications and supplies
- Make a list of prescription medicines including dose, why you take it and allergies to food & drugs
- Talk to any treatment providers about a back-up plan
- Consider other personal needs
 - Eyeglasses, hearing aids, batteries and Oxygen, among others



Medications & Medical Supplies

- Medical alert tags or bracelets
- Written description of your health problems
- Cooler or ice pack
- Special hygiene supplies
- Supplies for a service animal including food, identification tags, proof of up-to-date vaccinations and veterinarian contact



If You Are A Caregiver. . .

- Create an hour by hour description of a typical 24 hour day
 - How the care receiver spends his or her time
 - What is needed at each point in time
 - How to provide for those needs
 - Where the supplies are to meet those needs
- Describe in detail how to help the care receiver handle stress and trauma
 - Does talking or singing help? Is there a special story or song?
 - What possessions bring comfort (blanket, stuffed animal, etc.)? Where can they be found?
 - When is medication needed to help calm the care receiver?



Call 2-1-1

- 2-1-1 maintains a registry of Texans who might need extra help in an evacuation
- 2-1-1 is a FREE call
- Information available in Spanish and other languages
- Information will be kept confidential
- Register well in advance of a storm
- **Call 2-1-1**



Preparing to Evacuate

- Register with 2-1-1 immediately
- Make your vehicle is ready and you have packed your emergency kit
 - Keep your gas tank full
- Know evacuation routes and take a map with you
- Officials will make the call for you to evacuate
 - Local officials may stagger the evacuation to keep traffic moving
 - Wait your turn to leave.
- Lock your house before leaving
- Take your pets with you



Pets and Companion Animals

- Take your pets with you if possible
- Plan shelter alternatives
 - Many shelters may allow companion animals but not pets
- Develop buddy system with neighbors, friends and family
- Plan for your pet's needs for at least 3 days



Safe Return

- Nationwide identification and support program through the Alzheimer's Association
 - Photo database
 - Personalized IDs
 - 24/7 response
- For more information or to enroll
 - 1.800.272.3900
 - <http://www.alz.org/safereturn>



During the Evacuation

- Listen to local radio or television
- Take only one vehicle
 - Don't carry extra fuel
 - Turn the car off when stopped for a long time in traffic
- The number to call for road conditions on state highways is 1.800.452.9292
- If you have an emergency, call 9-1-1
- For information on evacuation routes, shelters and special needs transportation, call 2-1-1



Where Can We Go?

- Decide early!
- Get information on hotels, motels and other accommodations
 - Convention and Visitors Center
 - Chamber of Commerce
- Let family and friends know where you'll be
 - Always have an out-of-state contact
- Choose an alternative destination
- If your plans change, be sure to let friends and family know



Relocation & Alzheimer's

- Be calm and supportive
 - Remain flexible, patient and calm
 - Do not leave the person alone
- Create a safe environment
 - Spend extra time with the person to help him or her adjust to the new environment
 - Try to maintain daily routines
 - As appropriate, inform people around you that the person has memory loss
- Take care of your loved one and yourself
 - Get plenty of food and water
 - Find a doctor who can help monitor your loved one

What Questions Do You Have?

For More Information

Texas Extension Disaster Education Network

<http://texashelp.tamu.edu>

or contact your

County Extension Agent

<http://counties.agrilife.org>

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