

Disaster Preparedness Checklist



As we face an increasing number of natural disasters due to the changing climate and other factors, disaster preparedness becomes even more crucial. While everyone is vulnerable during times of crisis, aging adults are particularly at risk. This checklist will help you prepare for common emergency situations.



Communications Plan

- Emergency Contacts:** Keep a list of important phone numbers. If it helps, label phone numbers with photos of family members to help with identification.
- Regular Check-ins:** Schedule regular calls or visits with neighbors, family, or friends to stay connected.



Evacuation Plan

- Know the Routes:** Be aware of all possible evacuation routes. Have a transportation plan if you don't drive.
- Safe Locations:** Identify safe spaces within your home and community where you can take refuge.



Emergency Kit

- Medications:** Stock up on all essential medications and keep them in a waterproof container. Also have a list of medical conditions, doctor contacts, and essential supplies. Make sure you have pet medications, too.
- First-Aid Supplies:** Include basic supplies like bandages, antiseptics, and pain relievers.
- Food and Water:** Keep a minimum of a three-day supply of non-perishable food and water. If you have pets, also include their food. If an older adult relies on services like Meals on Wheels, find out the provider's emergency plans.
- Other Essentials:** These may include glasses, hearing aids, flashlights, and batteries.



Stay Informed

- Have a **battery-powered radio or NOAA Weather Radio** to receive news and updates. If you have a hearing impairment, consider a weather radio with a visual alert.
- If you have power, **watch local TV news** for weather updates and notifications from emergency management officials.
- If you have a smartphone, **download the FEMA and Red Cross apps** or have someone do it for you.

By planning ahead, you can ensure your safety and well-being during any crisis or disaster.