



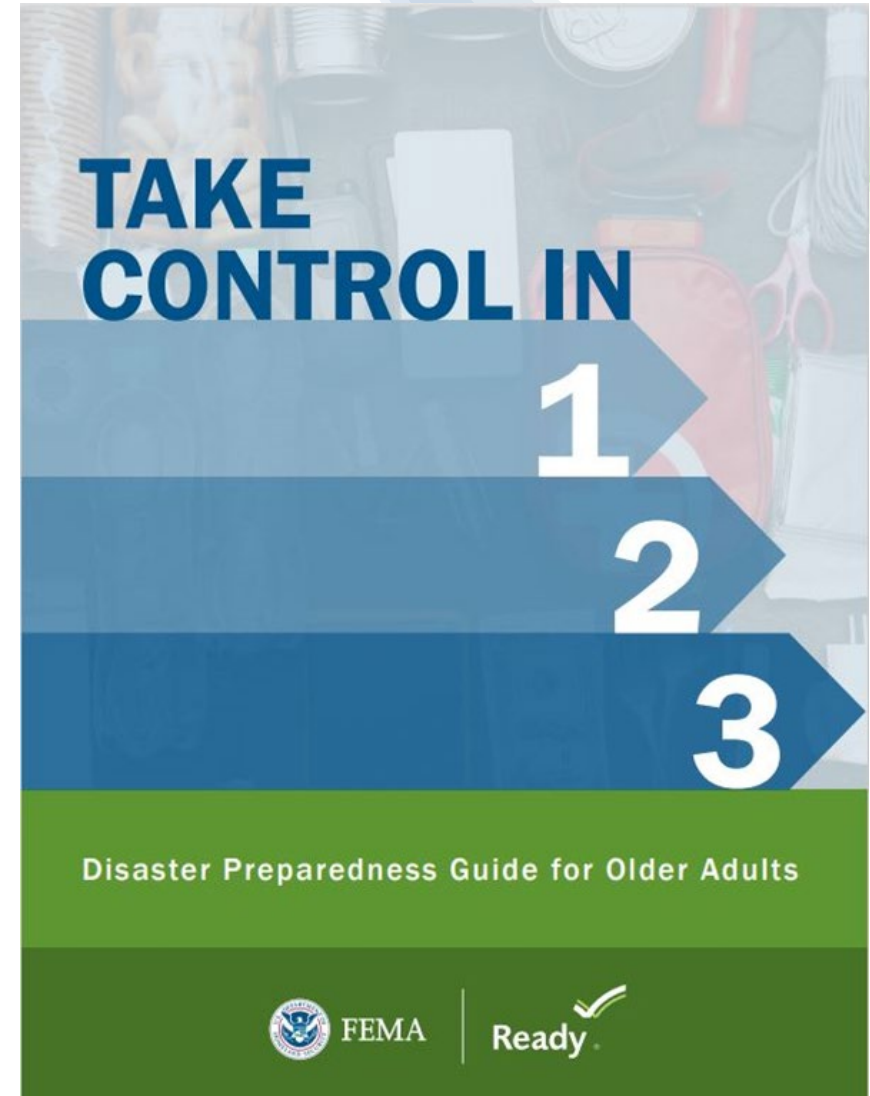
FEMA

Disaster Preparedness for Older Adults

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Key FEMA Resources for Older Adults

- <https://www.ready.gov/older-adults>
- [Take Control in 1, 2, 3 - Disaster Preparedness Guide for Older Adults](#)
- [Prepare for Emergencies Now, Information for Older Adults](#)



FEMA Guidance

Recommended Steps

STEP 1 | ASSESS YOUR NEEDS

First, know your risk. Then, understand your needs during emergencies. This section guides you through a self-assessment process to identify your specific needs so that you can create a personalized emergency plan.

STEP 2 | MAKE A PLAN

Develop a comprehensive emergency plan and emergency preparedness kit tailored to your unique needs. This section ensures you are well prepared to respond to various emergency scenarios.

STEP 3 | ENGAGE YOUR SUPPORT NETWORK

Build a strong support network and include them in your emergency planning. This section provides recommendations for how you can engage your family, friends, caregivers, neighbors, fellow congregants from your place of worship, and others who can assist you during an emergency.

Challenges



Transportation/Evacuation



Medical Assistance/Requirements



Mobility



Digital Communication



Pet/Animal Care



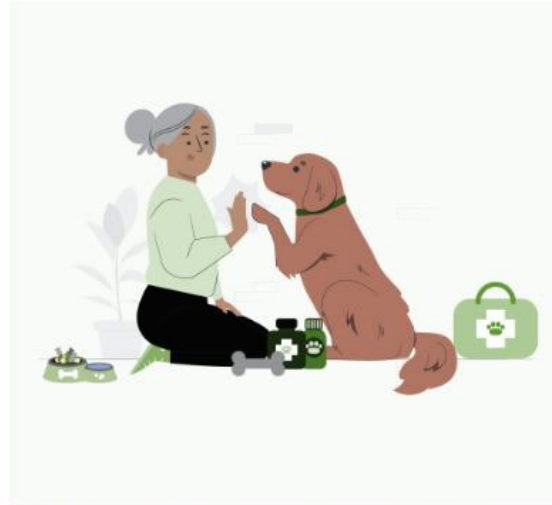
Network/Community Support



Plan Ahead



Plan how you will communicate if you have a communications need.



Plan for food, water, and essentials for you and pets or service animals.



Plan how you will have your assistive devices with you during an evacuation.



Make copies of Medicaid, Medicare, and other insurance cards.



Plan for your transportation if you need help evacuating.



Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers, in your emergency supply kit.

How To Help Older Adults!



- Assemble a Supply Kit for them and leave it in an easily accessible place.
- Make copies of important documents they will need and/or keep those documents in a fire-safe box where you have easy access to them.
- Relay important information for those with language barriers and help them create communications cards in case they are separated and do not have a translator.
- Help them set-up digital communications tools and show them how to use them.
- Learn useful basic skills like CPR and first aid to 'Be the Help Before Help Arrives'.
- Help them create an evacuation plan and route, so that they are able to get to shelter.
- **PLAN TOGETHER.**

Tips for People with Disabilities

Tips for People with a Mobility Disability

- If you use a power wheelchair have a lightweight manual chair available as a backup if possible.
- Show others how to assemble, disassemble and operate your wheelchair.
- Purchase an extra battery for a power wheelchair or other battery-operated medical or assistive technology devices. If you can't purchase an extra battery, find out what agencies, organizations or local charitable groups can help you buy one. Keep extra batteries charged at all times.
- Consider keeping a patch kit or can of sealant for flat tires and/or extra inner tube if wheelchair or scooter is not puncture proof.
- Keep an extra mobility device such as a cane or walker if you use one.
- Keep a portable air pump for wheelchair tires.
- If you use a seat cushion to protect your skin or maintain your balance and you must evacuate, consider keeping an extra cushion on hand.
- Communicate with neighbors who can assist you if you need to evacuate the building.

Tips for People Who are Deaf or Hard of Hearing

- Weather radio (with text display and a flashing alert)
- Extra hearing-aid batteries
- Pen and paper (in case you have to communicate with someone who does not know sign language)
- Battery operated lantern to enable communication by sign language or lip reading, especially when the electricity is out and it's dark.

Tips for People Who are Blind or Have Low Vision

- Mark emergency supplies with Braille labels or large print. Keep a list of your emergency supplies and where you bought them on a portable flash drive or make an audio file that is kept in a safe place where you can access it.
- Keep communication devices for your particular needs, such as a Braille or deaf-blind communications device as part of your emergency supply kit.

Tips for People with Speech Disability

- If you use an augmentative communications device or other assistive technologies plan how you will evacuate with the devices or how you will replace equipment if it is lost or destroyed. Keep model information and note where the equipment came from (Medicaid, Medicare, private insurance, etc.).
- Plan how you will communicate with others if your equipment is not working, including laminated cards with phrases and/or pictogram.

Individuals with Intellectual or Developmental Disabilities

- Keep handheld electronic devices charged and loaded with videos and activities.
- Purchase spare chargers for electronic devices and keep them charged.
- Include sheets and twine or a small pop-up tent (to decrease visual stimulation in a busy room or to provide instant privacy).
- Consider a pair of noise-canceling headphones to decrease auditory stimuli.
- Have comfort snacks available.

Tips for People with Disabilities, continued

Tips for Medications

- Talk to your doctor or pharmacist about how you can create an emergency supply of medicines.
- Keep a list of your prescription medicines. Include information about your diagnosis, dosage, frequency, medical supply needs and allergies.
- Store extra nonprescription drugs, like pain and fever relievers, antihistamines and antidiarrheal medicines.
- Have a cooler and chemical ice packs available to chill medicines that need to be refrigerated.

Tips for Individuals with Alzheimer's and Related Dementia

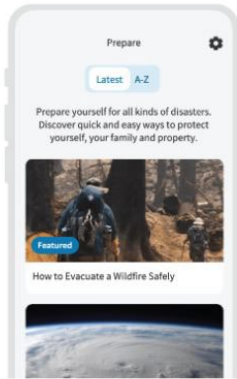
- Do not leave the person alone. Even those who aren't prone to wandering away may do so in unfamiliar environments or situations.
- If evacuating, help manage the change in environment by bringing a pillow and blanket or other comforting items they can hold onto.
- When at a shelter, try to stay away from exits and choose a quiet corner.
- If there is an episode of agitation, respond to the emotions being expressed. For example, say "You're frightened and want to go home. It's ok. I'm right here with you."



Pet Preparedness

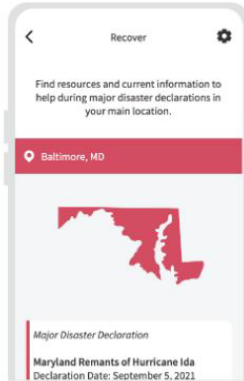
- **Have an evacuation plan for your pet.** Many public shelters and hotels do not allow pets inside. Know a safe place where you can take your pets before disasters and emergencies happen.
- **Develop a buddy system.** Plan with neighbors, friends or relatives to make sure that someone is available to care for or evacuate your pets if you are unable to do so.
- **Have your pet microchipped.** Make sure to keep your address and phone number up-to-date and include contact information for an emergency contact outside of your immediate area.
- **Contact your local emergency management office, animal shelter or animal control office** to get additional advice and information if you're unsure how to care for your pet in case of an emergency.
- **Build a Kit for your pet.** Some of the things to include in this kit are food, water, medicine, collar with ID tag, harness or leash, crate or carrier, picture of you and your pet, sanitation items, and a familiar toy/blanket/pillow/etc.

Gain the Digital Advantage



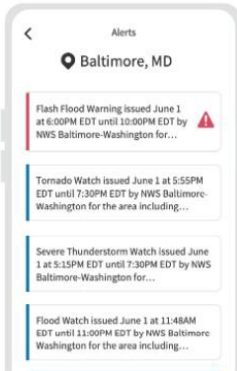
PLAN: Learn how to prepare for common hazards quickly and easily.

Whether you're experienced or just starting out, the FEMA App can help you learn basic preparedness strategies like how to create a family emergency communication plan, what to pack in your emergency kit, and what to do immediately after a disaster.



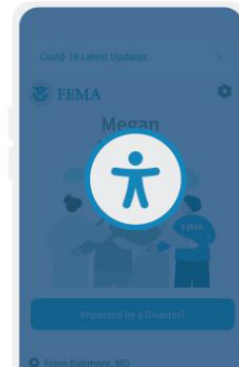
RECOVER: The FEMA App gives you the tools you need to recover after a disaster.

Find out if your location is eligible for FEMA assistance, find Disaster Recovery Center locations, and get answers to your most pressing questions. Instantly connect with FEMA's disaster resources so you find the help that you need when you need it most.



PROTECT: Knowing when and how to protect yourself, your loved ones and your property during a disaster can make all the difference.

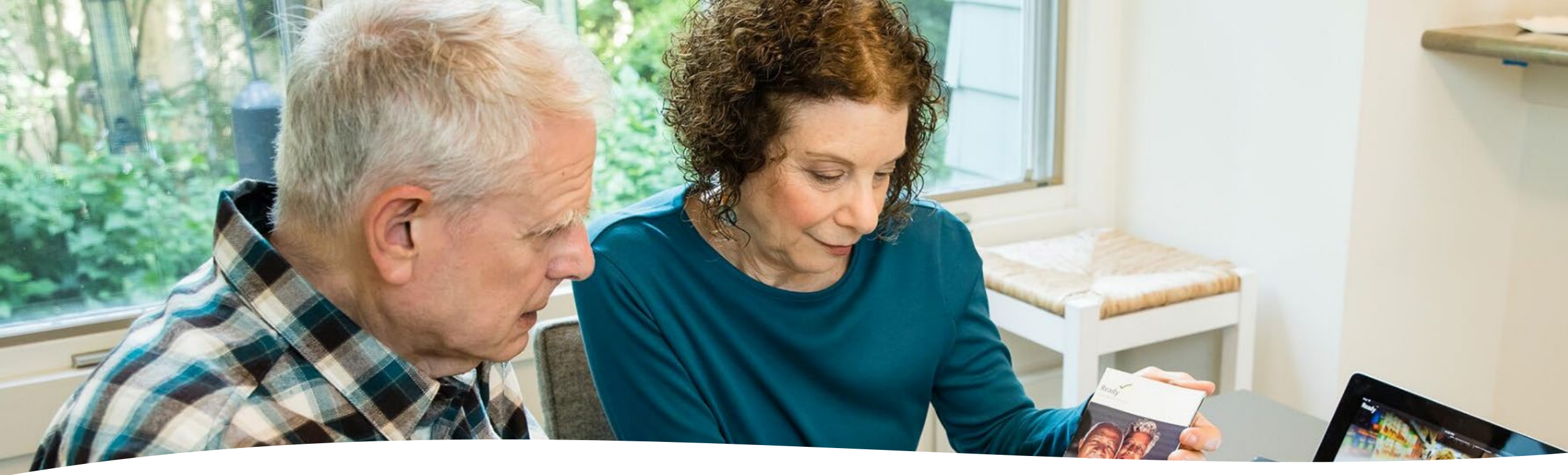
With the FEMA App, you can receive real-time weather and emergency alerts from the National Weather Service for up to five locations nationwide. It can also help you find a nearby shelter if you need to evacuate to a safe space.



INCLUSIVE DESIGN: An app for everyone.

The FEMA app is compatible with screen reader technology (Voice Over / TalkBack). The app follows federal accessibility requirements and also includes inclusive design principles such as consistent user interfaces, plain language and ALT text descriptions. To ensure the best screen reader experience, we recommend using iOS 11.0 and later and Android 5.0 and later.





Additional Resources

- Follow FEMA Region 3 on X, LinkedIn, and Nextdoor
- [FEMA Mobile Products | FEMA.gov](https://www.fema.gov/mobile-products)
- [Disasters and Emergencies | Ready.gov](https://www.fema.gov/disasters-emergencies)
- [The National Flood Insurance Program \(floodsmart.gov\)](https://www.floodsmart.gov)
- [People with Disabilities | Ready.gov](https://www.ready.gov/people-with-disabilities)
- [Ready in Your Language | Ready.gov](https://www.ready.gov/ready-in-your-language)