

Emergency Planning

Tip: When helping your loved one prepare for emergencies, remember to include a plan for their pets too.



Create a Plan

An effective emergency plan includes:

- A **communication system** to contact family, friends, and emergency services.
- Up to date **medical records** and **prescriptions**.
- Safe **evacuation procedures**.

Emergency Kits

Prepare emergency kits that include basic supplies such as **water**, **food**, **medications**, **flashlight**, and **first aid essentials**. Incorporate items specific to the care recipient's needs, like extra batteries for medical devices, or copies of **important documents**.

Emergency Response

Become trained in **first aid** and **CPR** to equip yourself with emergency response skills. Build a robust **support network** of neighbors, friends, and professionals who can provide assistance during emergencies.

Update Plans

Regularly **update the emergency plan** as the care recipient's situation and needs evolve to ensure it remains effective. Conduct **periodic drills** to practice evacuation and emergency responses to understand responsibilities.

Emergency Situations

- **Winter storms**: Ensure backup power, heat sources, and safe travel.
- **Tornadoes**: Have storm shelter plan.
- **Extreme Heat**: Keep hydrated, stay cool, and limit physical activity.
- **Flooding**: Be ready to evacuate and secure essential documents.
- **Fire**: Have an escape plan, smoke detectors, and fire extinguisher.