Find and circle the items that should be in your Emergency Survival kit.

- water
- food
- clothes
- flashlight
- cards
- batteries
- candles
- money
- keys
- blankets
- whistle
- first aid kit
- radio
- toilet paper
- medication

P O E M A T W A T E R A R E D D O O F P O E M J G F I
T A R E D C L O T H E S O E M T H G I L H S A L F V I N A N
R S I M Y E N O M R S I M K E Y S D I E S U E M A H N
T S T E K N A L B E W H I S T L E I E S K D N H B I D O I F O
E S O I D A R I E M E S T O I L E T P A P E R S I M E L I O X
SENIORS AND EMERGENCIES

An emergency situation can be a frightening and confusing time for anyone. It is important that seniors know the steps they can take to be prepared for an emergency situation, such as an evacuation. This includes finding out about programs and services available in their community that will help them during an emergency and assist them to return to their regular routine.

**Personal Preparedness**

*Emergency Survival Kits for seniors*

The Emergency Survival Kit Fact Sheet outlines the basic items every individual should keep in an easy-to-reach place. In addition to their basic Emergency Survival Kits, it is essential that senior citizens being evacuated during emergencies take with them any other equipment or devices they may need immediately.

Those items may include:

- Assistive devices such as canes, walkers, hearing aids, breathing apparatus, etc.
- Prescription eyewear and footwear
- Extra medications and vitamin supplements (including list allergies and all prescribed medications with required dosages)
- Extra dentures (if required) and cleaner
- Personal documentation; identification; and
- List of names and telephone numbers (such as family members, doctors, case worker, seniors’ group contact person, etc.).

*Emergency Plan*

Part of being prepared for an emergency involves developing an emergency plan. You should consider the following when developing your plan.

- Familiarize yourself with all escape routes and the location of emergency doors/exits in your home.
- If you live in a high-rise building, know the building’s evacuation plan, who conducts evacuation drills and how often, who are the floor monitors in the event of an emergency and the location of emergency buttons.
- Always wear your MedicAlert® identification (if applicable).

*Support Network*

If you anticipate needing assistance during an emergency, talk to family members, friends and others to see if they can provide support.

You will also want to make sure that:

- You include your support network in the development of your plan so they will know where you will go in case of an emergency. Arrange for someone to check up on you.
- If you undergo routine treatments administered by a clinic or hospital or if you receive regular services such as home health care, treatment or transportation, talk to your service provider about their emergency plans. Work with them to identify back-up service providers and incorporate them into your personal support network.
- Someone in your local network has an extra key to your home and knows where your emergency survival kit is stored.
- You teach those who will help you how to use any necessary equipment and administer medicine in case of an emergency. Be sure they will be able to reach you.
- Practice your plan with those who have agreed to be part of your network.

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