



# WAEPA CHECKLIST

## 12 Tips to Help Older Adults Survive a Disaster

Hurricanes, floods, tornadoes, earthquakes, chemical spills, wildfires, and other man-made and natural disasters can have long-lasting and sometimes permanent effects on communities and the older adults who live in them.

Community services and support are critical tools that help older adults meet their needs before, during, and after disasters, but these vital services can be limited or reduced as communities and individuals recover. Fortunately, there are steps that can help older adults – particularly those who have chronic illnesses, functional limitations or other impairments – maintain their independence as they prepare for, go through, and recover from the devastating effects of disasters.

Disasters can strike without warning, but there are steps older adults and their caregivers can take to prepare themselves. The emergency management agency in your state or county will have the most current information that is specific to your community. To find the emergency management agency serving your community, visit [FEMA's site](#).

There are many ways older adults and their caregivers can prepare themselves before, during, and after disasters. However, it is important to remember that quickly changing circumstances often necessitate that people deviate from their plans and improvise when necessary – no matter how prepared they may be.

### BEFORE A DISASTER

# 1

#### Create a Communications Plan

Communication is critical during disasters. However, it may be difficult to connect with neighbors, friends, and family members if communication is hampered, as it often is during major disasters. Start your plan by creating a list containing the emergency contact information for any family, friends, or loved ones you would like to keep in touch with before, during, and after any disaster. Your plan should also include information on locations to meet after a disaster, as well as important medical information.

#### TIP

**Program emergency contact information into your cell phone.**

CONTINUED >



# WAPEPA CHECKLIST

2

## Make a Medical Plan

Many older adults rely on assistive devices to help with mobility and other needs. Many of these devices, which may include oxygen machines, hearing aids, and wheelchairs, require electricity to operate. Where possible, ensure that each of these items and their battery backups are fully charged. In addition, make a list of all components to help ensure you have everything you need in the event of a disaster.

### TIP

Contact your local utility companies to let them know you have a medical device that requires electricity so they can put your home on a priority list for service restoration.

3

## Get Connected to Local Information

Some state and local governments have created text message alert systems to provide critical information during emergencies. These systems convey information about special needs registries, recommended evacuation routes, and the location of emergency shelters. Contact your local emergency management agency to learn how to get on the list for your community.

### TIP

If you're on social media, stay connected to your local emergency management agency by following their social media accounts.

4

## Create Emergency Kits

Emergency kits can help older adults withstand disasters. Because circumstances can quickly change during disasters, it is best to create two types of emergency kits—one to take with you if you are able to evacuate and another if you need to shelter in place. Both kits can include first-aid supplies, food, water, duct tape, clothing, keys, copies of important documents (a list of prescriptions, doctors, and insurance information), batteries, flashlights, hand-crank radios, cell phone chargers, pet food, and other items. See [ready.gov](#) for a list of additional items to include.

### TIP

Review your emergency kits on a regular basis and replace expired items.

CONTINUED >



# WAPEPA CHECKLIST

5

## Don't Forget Your Animals!

Just like humans, pets and service animals also need to be prepared for disasters. In addition to finding out about locations of animal shelters and pet-friendly hotels in your area, it is a good idea to have the following information about your pets on hand in the event of a disaster: pet microchip numbers, tags or other forms of identification, photos, vaccination records, and specialty food.

### TIP

**Check with your local emergency management office to learn which shelters accept service animals or pets.**

## DURING A DISASTER

6

## Heed Evacuation Warnings

Take your to-go emergency kit and any necessities such as medications with you to a safe location. Stay connected to local emergency information via television, radio, and text message alerts.

If evacuation is not possible, keep your shelter-in-place emergency kit nearby, conserve water and electricity, and monitor local conditions.

### TIPS

**Make sure all of your electronic devices (cell phones, tablets, and medical devices requiring batteries) are charged.**

**Keep a hand-crank radio nearby in case of power outages.**

7

## Secure Your Home

Whether you evacuate or remain in your home, it may be necessary to lock your home's doors, board windows and shut off power. Follow the recommendations of local officials.

### TIP

**Leave a note on the outside of your home to let first responders know whether you were able to evacuate.**

CONTINUED >



# WAEPA CHECKLIST

## AFTER DISASTER HITS

8

### Returning Home

Depending on the severity of the disaster and how it affected your community, your home may not be safe when you return. Keep in mind that resources like water and electricity may not be fully operational in the days immediately following a disaster.

#### TIP

Take a flashlight with you and wear protective clothing such as safety gloves and shoe covers when returning home.

9

### Prescription Refills

The [Emergency Prescription Assistance Program](#) of the U.S. Department of Health and Human Services assists individuals who need to refill prescriptions after disasters. In addition, some communities may make it possible for individuals to obtain emergency refills of needed medications.

#### TIP

Keep all prescription information on hand in a secure location to make it easier for pharmacies to refill your prescriptions.

10

### Federal Assistance and Benefits

[DisasterAssistance.gov](#) can connect survivors of disasters with information, support, services, and a means to access and apply for disaster assistance.

#### TIP

If applying for disaster assistance, take before and after photos of any property damage to help speed the application process.

11

### Other Government Assistance

In addition to assistance available from the federal government, states, and local governments may have grant programs that can provide support to individuals as they recover from disasters. Contact your local emergency management agency to learn more about the programs that may be available in your community. To the extent feasible, the Eldercare Locator can also connect you to local resources that may be able to provide additional help to older adults and caregivers.

#### TIP

Contact the [Eldercare Locator](#) at (800) 677-1116 to get connected to resources.

CONTINUED >



# WAEPA CHECKLIST

12

## Home Repairs

Unfortunately, some companies take advantage of people who are recovering from disasters. Some repair companies may charge more to complete a job than it actually costs. Make sure to get multiple bids for work from contractors. Also, make sure that any contractor you hire is licensed, bonded, and insured. Do not make payments ahead of time and pay only as the work is completed. Make the final payment only when all work performed fulfills contract requirements.

### TIP

**Read the Eldercare Locator's brochure, Home Improvement Scams: Tools to Reduce Your Risks, before you hire anyone.**

## Resources

### Eldercare Locator

(800) 677-1116

**Monday - Friday,**  
8:00 am - 9:00 pm ET  
[eldercare.acl.gov](http://eldercare.acl.gov)

Launched in 1991, the Eldercare Locator is the only national information and referral resource to provide support to consumers across the spectrum of issues affecting older Americans. The Locator was established and is funded by the U.S. Administration on Aging, part of Administration for Community Living, and is administered by the National Association of Area Agencies on Aging.

### Ready.gov

Ready is a national public service campaign of the U.S. Department of Homeland Security that is designed to educate and empower the American people to prepare for, respond to, and mitigate emergencies, including natural and man-made disasters. The goal of the campaign is to promote preparedness through public involvement.

### Federal Emergency Management Authority (FEMA)

[fema.gov](http://fema.gov)

FEMA is an agency under the U.S. Department of Homeland Security. FEMA's mission is to lead America to prepare for, prevent, respond to and recover from disasters with a vision of "A Nation Prepared." FEMA provides information on how to prepare for disasters and resources that older adults and their communities can use as they recover from disasters.

### Red Cross

(800) 733-2767

[redcross.org](http://redcross.org)

Red Cross volunteers and staff work to deliver vital services, from providing relief and support to those in crisis, to helping prepare communities to respond in emergencies.