



**Elder Options, Inc.**  
*"A Life Lived Fully Every Day"*  
 Since 1988



# DEVELOP YOUR EMERGENCY PREPAREDNESS PLAN

**Develop a plan for evacuations, power outages, or other emergencies.**

**Consider/prioritize what your daily needs (special) are/resources that are available or not.**

**Plan on how to manage on your own for at least 3 days when help is not available.**

1. Do you have a backup plan in case the fire comes near your home?
2. What routes are there to take out of the house that are more mobility accessible?
3. What routes are there to take out of the neighborhood?
4. Do you have a place to go if you must leave your home?
5. Are you on oxygen and able to access that at your family/friends' home? (Red Cross does not typically have this option)
6. Do you have a generator if the power goes out? Is it auto start?
7. Do you have extra supplies of water/food/ toilet paper/ candles for if PG&E shuts off the power?
8. How is your air quality where you live-has it become too smoky for you to safely stay where you are at?
9. If you have pets, do you have crates or a family member they can stay with?
10. Do you have a week to two weeks' worth of your medications packed and ready to go?
11. Do you have spare clothes/ undergarments/socks/toiletries ready to go?
12. Do you have a working vehicle that you are able to drive?
13. Is your car ready with a safety kit in it for a road trip? Are the tires in good condition and oil and gas at a safe level?
14. Designate an out-of-area emergency contact meeting place. Does everyone have your emergency contact information, i.e. neighbors, friends, family, care providers. Know your neighbors and their needs.

## Sensory Plans

- **Hearing** – extra batteries for hearing aids, portable TTY machines, flashlights
- **Vision** – Extra mobility canes placed in strategic locations at home.
  - Label ER supplies with Braille, large print or bright colored tape
  - Have high powered flashlights with wide beams/extra batteries.

## Communication Techniques

- Make pre-printed messages keep in ER bag – ex: I can't hear need to have written or signed.
- Prepare referral lists, clipboards, post-it notes and communication system – which TV/radio channels provide captioned ER information.
- Write down information to give to 1st responders to explain chronic health/mobility/sensory issues.

Continued →



*Our personalized care management, home care, respite and assisted living services are designed to ensure a safe, happy and fulfilling "every day."*



### Elder Options, Inc.

Phone: (530) 626-6939  
 (800) 336-1709

### Sacramento / El Dorado Hills / Folsom

Phone: (916) 391-8083

### South Lake Tahoe

Phone: (530) 541-1812



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## Special Needs for Cognitive Impairment

- Incontinence undergarments, wipes (not alcohol), and lotions
- Pillow, stuffed animal, or something the person can hold onto
- Favorite snacks and high-nutrient drinks
- Physician's name, address, and phone number
- Waterproof bags or containers to hold medications and documents.
- Recent photos of the person
- Make sure the person with Alzheimer's wears an ID bracelet.
- If conditions are noisy or chaotic, try to find a quieter place.
- Prepare for wandering. Place labels in garments to aid in identification. Keep an article of the person's clothing in a plastic bag to help dogs find him or her.
- Give simple instructions.

## Tips for Preventing Agitation

- Find outlets for anxious energy, such as taking a walk together or engaging in simple tasks.
- Redirect the person's attention if he or she becomes upset.
- Move to a safer or quieter place, if possible. Limit stimulation
- Make sure the person is taking medications as scheduled.
- Try to schedule regular meals and maintain the usual sleep schedule.
- Avoid elaborate or detailed explanations. Use concrete terms.
- Follow brief explanations with reassurance.
- Be prepared to provide additional assistance with all activities of daily living.
- Making positive, calming statements.
- Pay attention to cues such as fidgeting and pacing, which may indicate that the person is overwhelmed.
- Remind the person that he or she is in the right place. Helpful hints during an episode of agitation
- Approach the person from the front and use his or her name.
- Find out if pain is a source of agitation.
- Make positive statements using a calm, low-pitched voice.
- Respond to the emotions expressed rather than the words and offer comfort. For example, *"You're frightened and want to go home. It's OK, I'm here with you."*
- Don't argue with or correct the person. Instead, affirm his or her experience, reassure and try to divert attention. For example, *"The noise in this shelter is frightening, let's see if we can find a quieter spot and look at your photo book"*

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