

Preparedness for Seniors

It's important for everyone to be prepared by knowing the risks in their community, having a household plan and having an emergency kit.

Personal Support Network

Most importantly, take the time to create a trusted support network of at least three people to assist during an emergency. Give them keys and add their contact information to a shared emergency plan. The support network should also be advised of any health conditions or medications and shown how to operate specialized medical or mobility equipment, such as lifts, wheelchairs or scooters.

Build Your Own Emergency Preparedness Kit

An emergency kit should include a minimum three-day supply of food, water and basic necessities. Make it as portable as possible and store it in an easily accessible spot. Another option is to create two kits – a bigger one for sheltering-in-place and a smaller, grab-and-go version. Whatever you choose, just make sure your support network knows where they're kept.

You may also need to include:

A two-week supply of prescription medications. If that's not possible, ensure a copy of the prescription, with the recommended dosage and prescribing doctor, is included.

If you have homecare visiting you, ensure you include the number of the office you deal with in your important papers. Once you have evacuated you can contact their office to let them know of your whereabouts.

Fill out an Emergency Response Information Kit (E.R.I.K) form and post it in a visible place like your fridge. E.R.I.K. forms are available from your community health office.

A whistle or personal alarm to call for help

Written instructions for special medical or mobility equipment in case members of your support network aren't immediately available

Extra eye glasses, hearing aids and hearing aid batteries

Spare footwear with any special orthotics