



A.D.A.P.T.

Atherton Disaster and
Preparedness Team

Elder Care Essentials

For older adults living in the community, it's especially important to be prepared. During an emergency situation, in-home support services such as caregivers and meal delivery services may be unavailable for a period of time. And it may be difficult to reach nearby family or friends to get help. See below for supply recommendations, special considerations, and more.

What to Pack

Medical

- Five-day supply of medicine, at a minimum
- Cooler and ice packs, if medications need to be kept cold
- Electrical devices, if needed
- Additional supplies like syringes or extra batteries

Assistive

- Canes, walkers, wheelchairs
- Hearing aids and extra batteries
- Glasses or contacts and contact solution

Identification

- ID on wristband or lanyard with full name, contact info for family member/caregiver, and allergy info

Personal Hygiene

- Adult diapers and bags, if needed
- Handi-wipes
- Skin lotion

Food and Water

- LifeStraw bottle
- Baby food
- Ensure

Documents

- Contact info for family members, doctors, pharmacies and caregivers
- List of all medications, including the exact name of the medicine and the dosage, and contact information for prescribing doctor and pharmacy
- List of allergies to food or medicines
- Copy of medical insurance card
- Copy of photo ID
- Durable and medical power of attorney, if appropriate
- Info about medical devices such as wheelchairs, walkers, and oxygen including model numbers and vendors
- For the above, keep physical copies in a waterproof bag and take photos of each document for backup

Other

- Boost Oxygen for EMERGENCY USE
- Hat/head covering
- Cot, blankets and blow-up pillow
- Tent and lantern

Please visit www.getreadyatherton.org for more emergency supply essentials.



Special Considerations

There are some challenges that can come with advanced age, such as mobility or vision problems, which may make it difficult to access, understand, and respond to emergency instructions. Be especially aware of the psychological impacts of the situation on older adults, and note that they may be more susceptible to the following in an emergency situation:

- Dehydration (drink lots of water and check every 3 hours for symptoms)
- Anxiety and depression
- Fear of aftershocks, animals, and the unknown
- Communicable disease (see below)

The major causes of communicable disease in disasters can be categorized into four areas: infections due to contaminated food and water, respiratory infections, vector and insect borne diseases, and infections due to wounds and injuries.

If you have medical, transportation, or other access needs during an emergency, consider signing up for SMART911, Code Red, or your local county registry, depending upon which service your area uses to help first responders identify people who may need assistance right away.

About A.D.A.P.T.

Our Mission

Atherton Disaster and Preparedness Team's mission, in partnership with the Atherton Police Department, is to train and organize Atherton residents to be resilient, responsive, capable and recovery-able in the event of a town-wide emergency or disaster event.

How to Participate

Preparedness is a community-wide effort and we're here to help. Subscribe to our email newsletter, join our monthly meetings, attend a neighborhood training, or participate in any way that works for you! For more information, please see www.getreadyatherton.org.

*Notes from A.D.A.P.T. Community Meeting, February 1, 2020
Presented by Tom Prussing, A.D.A.P.T. President*