

Be Ready for Disasters at Any Age

The likelihood of recovering from an emergency tomorrow often depends on the planning and preparation done today. Each person's abilities and needs are different and should be included in disaster plans. Emergency managers are urging all Americans, in particular the elderly who can be especially vulnerable when disasters strike, to review and update disaster plans.

Some steps you can take at home or in your own community include:

- Speaking with adult living facility administrators about specific disaster plans.
- Creating a network of neighbors, relatives and friends to aid you in an emergency.
- Keeping specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need.
- Keeping a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration.

Visit www.ready.gov/seniors for more information and tips.