EMERGENCY PREPAREDNESS
FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES

CREATE A NETWORK OF SUPPORT TO HELP YOU IN CASE OF AN EMERGENCY.

PREPARE FOR A POWER OUTAGE IF YOU USE ELECTRIC MEDICAL DEVICES.

- talk to a health care provider about what to do
- identify an alternative power source for devices
- inform your emergency contacts of the plan

WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT

- Contact information for important people and care providers
- A list of medicines you need, dosage instructions, and any allergies
- Styles and serial numbers of all medical and assistive devices
- Need-to-know information for first responders and others who might need to help you

- Food, water, and essentials for you and pets or service animals
- Medicines, medical supplies, batteries, and chargers
- Copies of Medicaid, Medicare, and other insurance cards

Learn more: acl.gov/programs/emergency-preparedness