SPECIAL CONSIDERATIONS FOR SENIORS

If you have an elderly parent or relative in a nursing home, they're likely going to be well taken care of during a storm. However, if they live alone or with you, it's vital that you make sure they have adequate supplies to cater to their well-being.

Water

Dehydration is a serious health problem for older adults.

- If possible, store more than the recommended amount of water
- Store water in containers that are small and easy to handle, such as clean, sanitized two-liter plastic soda bottles
- Use caps that are easy to remove by people with arthritis

Medical Needs

- Extra hearing aid batteries
- Medical alert tag or bracelet
- List of serial numbers and styles of medical devices (e.g., pacemakers, CPAP machines)
- Copies of prescriptions with dosage, directions and refill dates
- Minimum 2-week supply of all essential medications

Electronics

- Battery-powered or manual wheelchair, walker or cane
- Wheelchair batteries

Food

- Consider special dietary needs, such as lowsodium, high-fiber or other specific foods
- Easy-to-use hand-operated can opener with a cushioned, rubber handle grip

Important Papers

In addition to those listed on page 6, also include:

- Health cards
- Living will and medical power of attorney

Evacuation

- Prearrange transportation with neighbours
- Identify local shelters that accommodate older adults and persons with disabilities



Are you ready for an Emergency?

Your Emergency Kit should have everything you need to keep your family healthy for at least 72 hours.