

PERSONAL PREPAREDNESS: SENIORS

From *Personal Emergency Preparedness*

Seniors often have special needs in preparedness and response – although of course, “seniors” refers to a huge range of diverse people with diverse situations. Here are four useful steps for almost anyone:



Have a Buddy you speak to every day. It can make a big difference in being and feeling safe to know that someone is going to check on you every day – and if there were ever a problem, they would notice right away.



Be sure you can stay in touch. Write down contact information for people you care about (and people who care about you). Also, pick one person (and a backup) to be your contact, and let everyone know who it will be. If you make just **ONE CALL**, s/he can let everyone know you’re okay!



Build a Go-Kit. Many of the things that can keep you safe and comfortable in an emergency are small, and often simple, low-cost items or items you already have. Even if you don’t have every single item, put small, useful things in a small bag that you can pick up and carry at a moment’s notice. (See *PERSONAL PREPAREDNESS: GO-KITS*)



Ask your family for preparedness supplies. Some supplies can be expensive. But do you ever get gifts you don’t really need or want? Ask your loved ones to give you safety and preparedness instead – it’s a gift of love to keep you safe and comfortable!

