



DISASTER PREPAREDNESS FOR SENIORS

7 Important Disaster Preparation Steps

- Be informed, stay up to date
- Have a plan and support network established before a disaster
- Establish your communication plan
- Build emergency kits for your home and car
- Gather important documents
- Practice your plan
- Plan for evacuation

Important Documents to Have Located in One Place

(Preferably in a fire/water proof container)

- Doctor, dentist, pharmacy contact information
- Medication list
- Banking and financial contact information
- Credit card account/contact list and copies of utility bills
- Copies of driver's license, passport, medical/dental insurance cards, vehicle titles
- Copies of homeowner, car & other insurance policies
- Valuable pictures
- List of family contact phone numbers, email addresses & physical addresses
- Household inventory with pictures
- Financial & medical power of attorneys, advanced directives
- Mortgage or loan documents
- Will, estate papers
- Place of worship location and contact information
- Documentation of lock box location

Home Emergency Kit*

- Water (1 gal./day/person)
- Non perishable foods
- Manual can opener/knife
- Personal First Aid Kit
- Battery powered flashlights/lamps
- Battery powered radio/weather radio
- Extra clothing
- Cash
- Solar chargers, extra batteries
- Disposable silverware, plates, dish soap
- Spray disinfectant
- Waterproof matches
- 3-5 day supply of prescription medicines and a current medication list
- Personal hygiene items
- Blanket
- Whistle
- Face mask, hand sanitizer, disposable gloves
- Extra house/car keys, local street maps
- Paper towels, tissue, toilet paper
- Tarps, trash bags, food storage bags
- Hearing aid batteries
- Emergency contact list

**Any individual special need items*

Mission

The AGECE's mission is to provide high quality programs that support healthy aging in Arkansas.

Connect with us

Arkansas Geriatric Education Collaborative (AGECE)

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