



Seasonal CRD Preparedness Tips

September: National Preparedness Month

September is the dedicated month for National Preparedness. It is a time to raise awareness of the importance of disaster preparedness and mitigation strategies. This particular September is focused heavily on preparedness for elderly and older adults for disasters.



Preparedness for Elderly:

Older adults face greater risks in extreme weather events. According to the US Census Bureau, there will be more Americans over the age of 65 than under 18. The growing older adult population must be aware of their risks and be better prepared for them.

3 ways to prepare are included below:

1. Assess your needs:

- a. Needs may include: Required (refrigeration) medications, mobility devices, access to transportation, rural/urban living, etc.
- b. Ask yourself “if you had to vacate your home immediately, then what will you absolutely need?” These are your needs. After your needs are assessed, you need to make a plan.

2. Make a plan.

- a. Create an emergency response plan for your residence (i.e.: where you will go during a disaster, including your needs)
- b. Build a kit. Include: extra medicine, storage of medications in the kit, medical supplies, food / water for 3 days, battery / crank radio, whistle, pet food, etc.
 - i. Make sure to keep your kit in a safe and accessible place.

3. Engage your support network:

- a. Build a support network:
 - i. Reach out to family, friends and neighbors can to help you before, during and after a disaster
- b. Develop a communications plan for friends/family
 - i. Share with everyone in your group, and include someone in another area who can help.
 1. Give this person an extra set of keys, and the location of your emergency kit
- c. Make sure everyone knows your plan to evacuate and where you will go in a disaster.

Sources: <https://www.ready.gov/older-adults> https://www.ready.gov/sites/default/files/2020-03/ready_prepare-now-seniors.pdf <https://www.ready.gov/national-preparedness-month-social-media-toolkit>