

16. EXTRA CARE

Planning for special needs

WHY ACT?

Seniors and people with disabilities may need to take additional steps to prepare for emergencies. If you or someone in your household has special needs, include the following action when preparing your emergency plan.

PREPAREDNESS ACTION

- Step 1: Get a notebook and a pen or pencil.
- Step 2: Review your overall plan to ensure that you or your family's special needs are addressed.
- Step 3: Evaluate your capabilities, limitations, needs and surroundings to determine the type of support you may need for each place you spend time – at home, work, school and in the community. If you have a home care attendant, include this person and any other support people in your network. Keep in mind elevators will not work during a power outage.
- Step 4: Establish a support network of family, friends and neighbors.
- Step 5: Write down your current needs and special considerations, including:
 - ▶ Phone numbers of your doctors and pharmacists
 - ▶ Medical conditions
 - ▶ Medications, why you take them, and dosages
 - ▶ Allergies
 - ▶ Physical limitations
 - ▶ Special equipment
 - ▶ Medical insurance
 - ▶ Personal contact numbers
- Step 6: Incorporate these special considerations into your emergency plan and give a copy to everyone in your support network who might need the information.
- Step 7: Consider any special dietary needs when you set aside your emergency food supply.
- Step 8: If you have a service animal, plan for his or her needs (see Action 22, pg. 48).

MATERIALS

Your special needs plan.

TIME

A half hour to a few hours.

RESILIENCY GAIN

Having the support you need to be better prepared in times of emergency.

