



Colorado Division of Homeland Security and Emergency Management

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Senior preparedness

May is Older Americans Month. Preparing for emergencies is important at any age. For seniors, you can develop a plan based on suggestions from the American Red Cross:

- Before an emergency, develop a support network that will check on you after a disaster.
- Exchange important keys, such as house keys, with trusted members of your support network.
 - Show them where you keep emergency supplies.
- Share copies of important documents you will need after a disaster.
- Agree on – and practice – how to contact each other in an emergency. Remember, your home phone might not work, so have a backup.
- Notify your support network when you are going out of town and when you will return.
- Learn about each other's skills and needs, and divide the work. For example, one person might take the lead for storing emergency food, while another organizes emergency drills.

In addition to these ideas, build a kit of emergency supplies packed in an easy-to-carry container or bag that you can grab quickly if you have to leave your home. Your kit should include some non-perishable food, personal hygiene items and a small amount of cash or emergency credit card. Make sure your name and contact information is on a tag on the outside of the bag.

If you take medications, keep a list of them in your wallet or purse, along with the name and phone number of your doctor. Talk to your doctor about how you can get refills in emergencies.

Also keep a list of emergency contacts - family members, banks, your insurance agent – anyone you might need to contact in an emergency.

Finally, let your family and friends know what your emergency plan is, and what steps you have taken to prepare. Help them develop their own plans so no one needs to worry about each other in an emergency.