



Caregiver Corner

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County Executive

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Director

Emergency Preparedness for Seniors

Being prepared for an emergency is important at any age. Emergency preparedness for seniors consists of a few more arrangements to ensure less anxiety and stress in the event of an emergency.

Here are some things to add to you or your loved one's preparation list in case something urgent arises:

1. A Support Network

One of the most important steps for preparation is having a support network. A support network can consist of family members and/or close friends that are aware of your needs and can respond in an emergency. Keeping a list of loved one's phone numbers around the home and programmed in your smartphone is essential. Learning how to send updates via text message is helpful due to the fact that phone lines can become overwhelmed during an emergency. Plan how you will leave and where you will go during an evacuation. If you are living in a retirement or assisted living community, learn what procedures are in place in case of emergencies.



2. Important Medical Information

Having your medical information available in case of an emergency is very important. A list of your medications and possible ongoing health concerns should be written down and in an easy to access location. Doctor and pharmacist information should also be included.

3. Emergency Kit

After you have secured your support network and created your medical information list, a basic emergency kit should be put together. This kit should supply each member of your household with enough supplies to last at least three days.

The kit should include the following:

- Water and non-perishable food items (don't forget a traditional can opener)
- First Aid Supplies (including needed medications labeled for each person's use)
- Radio (preferably solar powered)
- Flashlights/Solar powered lights
- Cell phone and charger
- An extra pair of glasses and extra batteries for hearing aids
- Copies of important documents such as your photo ID, medical insurance cards, power of attorney and health care proxy



Caregiver's of the Elderly Support Group

Next Meeting: Monday, July 8, 2019

Time: 6:00pm – 7:30pm

Location: Braemar at Wallkill Assisted Living Facility
21 Riverside Drive Middletown, New York 10941

Pre-registration is required.

Please call or e-mail Colleen Hamel at (845) 615-3733 or chamel@orangecountygov.com