

# TIPS & ADDITIONAL INFO FOR SENIORS & PERSONS WITH DISABILITIES

—Excerpt from Butte County Public Health’s “Could you survive for 72-hours?” Emergency Planning Guide.



- Set up a Personal Support Network:** Find two people that you trust to check on you in an emergency and to help with evacuation or setting up your home in the emergency. Tell them your special needs and show them how to operate any equipment that you use. Show them where your emergency supplies are kept. Give them a spare key.
- Prepare and carry an emergency health information card:** Carrying this information with you will help to communicate to rescuers what they need to know about you if they find you unconscious or incoherent, or if they need to quickly help evacuate you. Include information about your medications, adaptive equipment, blood type, allergies and sensitivities, insurance numbers, immunization dates, communication difficulties and preferred treatment, as well as contact information for your health providers, personal support network & emergency contacts.
- Personal Care Assistance:** If you receive assistance from a home healthcare agency or in-home support provider, find out how the provider will respond in an emergency. Designate backup or alternative providers that you can contact in an emergency.
- Special equipment, such as telephones and life support systems, should be anchored.** Cylinders, such as oxygen, should be fastened to the wall.
- Keep an extra pair of eyeglasses** or contact lenses, and medication with emergency supplies.
- Walking aids should be kept near you at all times.** Have extra walking aids in different rooms of the house.
- Put a security light in each room.** These lights plug into any outlet and light up automatically if there is a loss of electricity. They will continue to operate automatically for 4 to 6 hours and they can be turned off by hand if needed.
- Make sure you have a whistle to signal for help.**
- Keep extra batteries for hearing aids with your emergency supplies.** Replace them annually. Keep extra emergency supplies at your bedside.
- For Persons Using a Wheelchair:** Plan for how you will evacuate in an emergency and discuss it with your Personal Support Network. If you use a motorized wheelchair, have a manual wheelchair as a backup.
- For Persons who are Blind or Visually Impaired:** Keep an extra collapsible cane by your bed. Attach a whistle to the cane; use it if you need to attract attention. Exercise caution when moving around after a natural disaster that may have disrupted the pathways to your home.
- For Persons who are Hearing Impaired:** Keep extra batteries for your hearing aids with emergency supplies. Consider storing your hearing aids in a container attached to your nightstand or bedpost, so you can locate them quickly after a disaster.
- For Persons with Communication Disabilities:** Determine how you will communicate with emergency personnel if you do not have your communication devices. Store paper, writing materials, copies of a word or letter board and pre-printed key phrases specific to anticipated emergencies in all your emergency kits, your wallet, purse, etc.

BUTTE COUNTY PUBLIC HEALTH DEPARTMENT,  
EMERGENCY RESPONSE

For the full “Could You Survive for 72-hours?” Emergency Planning Guide please visit

[www.buttecounty.net/publichealth](http://www.buttecounty.net/publichealth)

