

Emergency Preparedness for Older Adults

Things to Consider as a Caregiver



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What is an emergency/disaster?

- Tornado
- Fire
- Hurricane
- Break In



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What is an emergency?

- Tornado
- Fire
- Hurricane
- Break In
- Medical Emergency of Caregiver
- Major Change to Routine



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PREPARATION IS ESSENTIAL

Have an executable plan

Know your role

Stock your supplies

Tornado

Fire

Hurricane

Break In

Medical Emergency of

Caregiver

Major Change to Routine



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What's the Plan?

- Identify safe location and how you will get there
- Identify who the players are
- How/where will we take care of ourselves and our loved one(s)



Whose Role is it Anyway?

- Identify who is going to do what tasks
- Who is backup/respice/additional caregiver



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The Go-Bag

- Food & Water/Toiletries
- Money/small cash
- Utility bill/Identification
- Contacts info
- Trash bags
- Shoes/coats/blankets/dry clothing



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The Go-Bag

- Meds
- Glasses
- Assistive devices/power
- Comfort/routine items
- Music/entertainment



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Additional Things to Consider

- Scam Vulnerability
- Family code word/number
- Designate family point of contact
- Tracking device



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Additional Resources

Legal Resources

<https://oklahomadisasterlegalhelp.org/downloadable-resources/>

FEMA Emergency Supply Checklist

<https://www.ready.gov/kit>



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Additional Resources

Federal Trade Commission

<https://consumer.ftc.gov/features/dealing-weather-emergencies>

AARP

<https://www.aarp.org/home-family/your-home/disaster-preparedness.html>



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Additional Resources

Oklahoma Attorney General's Consumer Protection

<https://oklahoma.gov/oag.html>

The Alzheimer's Association

<https://www.alz.org/cnfl/education-programs/disaster-preparedness>

Local Fire Departments



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SSgt Tara Hardin

405-713-1086

tara.hardin@oklahomacounty.org



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