



My Emergency Preparedness Guide



A caregiver's guide for individuals with dementia

EVERYONE SHOULD HAVE A PLAN

As someone who cares for a loved one with Alzheimer's or other dementia, staying healthy and safe in times of emergency is essential. Emergency planning is important because disasters can be especially upsetting and confusing for individuals with dementia.

Emergency planning consists of having the food, medicine and medical supplies in place to make it on your own with your loved one, at least for a reasonable period of time, when disaster strikes. Talk to your loved one's health care provider about the specific supplies you will need to have on hand that will last for two weeks.

Who to Call

Keep your home care/hospice company's number close by the phone in case you need assistance. And if you are having a true emergency, call 9-1-1.

DEMENTIA EMERGENCY PREPAREDNESS CHECKLIST

- Create an emergency plan that accommodates the needs of the person with dementia, such as the need for a walker or portable oxygen. Communicate the plan to relatives, friends and other caregivers. Designate a back-up caregiver.
- Prepare an emergency kit for your home that is portable, waterproof and insulated, which includes medications and supplies for 2 weeks. These should be checked every 2-3 months. Watch for expiration dates and include a copy of complete personal medical information.
- Save copies of important documents, such as legal papers, a list of medications and dosages, and insurance information.
- Have contact information for the health care providers of your loved one with dementia easily accessible.
- Research in advance and consider enrolling the person with Alzheimer's in a safety program, such as those designed to assist in the return of someone who gets separated from their caregivers or a program that manages a person's location. Contact the Alzheimer's Association at 1-800-272-3900 or visit the website www.alz.org.
- Learn about the residential facility's disaster/evacuation plans, if your loved one with dementia lives in one. Find out who is responsible for evacuating the person in the event of an emergency.

EMERGENCY SITUATION REMINDERS

- Keep a recent picture of the person with dementia readily available.
- Ensure that your loved one wears identification items such as an ID bracelet and clothing labels.
- Have extra incontinence briefs for adults (if needed) and several sets of extra clothing.

PREPARE AHEAD OF TIME

- During storms and outages, stay aware of alerts, warnings and local emergency services. Know the emergency plan for your area including evacuation routes, shelters and emergency numbers.
- If your loved one requires electric powered medical equipment and/or oxygen notify your power company before an emergency.
- Keep your car full of fuel with directions to the nearest shelter or evacuation route.
- If you need to evacuate – call your home care/hospice company right away. Inform them of your evacuation plan/shelter site. Bring your Medicare, Medicaid, and/or insurance card.

Emergency Supply Kit

In addition to your emergency kit, be sure to keep these items on hand for emergencies:



Water – one gallon of water per person per day for at least three days



Food – at least a three-day supply of nonperishable food



Battery Powered Radio – and extra batteries



Flashlight – and extra batteries



First Aid Kit – be sure to check expiration dates of the contents and keep them up to date



Whistle – to signal for help



Dust Mask – or cotton T-shirt, to help filter contaminated air



Plastic Sheeting and Duct Tape – to shelter-in-place



Wrench or Pliers – to turn off utilities when necessary



Can Opener – to open canned food



Infant Formula and Diapers – if you have an infant



Local Maps– including a map of your area and a map for where you plan to go if you are evacuated

Special Needs

Many people with special needs and disabilities have additional challenges preparing for and coping with emergencies. Meet with family, friends and neighbors to discuss your needs during an emergency, and make sure to plan ahead for the support you will need.

If you are living at home and have special needs, be sure to register with your county emergency management agency, local fire department and utility company.

For More Information & Resources

For more information and resources, you can visit these websites.

<http://preparedness.dhmh.maryland.gov> and www.facebook.com/MarylandOPR

www.mema.maryland.gov

www.mncha.org/emergency-preparedness

<http://alz.org/care/alzheimers-dementia-disaster-preparedness.asp>

www.alz.org/safety



Provided in partnership by the Department of Health and Mental Hygiene Office of Preparedness and Response and the Maryland-National Capital Homecare Association in consultation with the Alzheimer's Association Greater Maryland Chapter

WRITE THE NAME AND PHONE NUMBER
OF YOUR HOME CARE/HOSPICE
COMPANY IN THIS BOX.