

Bulletin Title: Take Control in 1, 2, 3! National Preparedness Month is Here!

Subtitle: Let's Champion the Well-being of Our Older Adult Community During Disaster and Emergencies!



September National Preparedness Month: Take Control in 1, 2, 3!

Each September is observed as [National Preparedness Month](#) to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time.

The Alameda County Social Services Agency (SSA) promotes social well-being and encourages all—staff and community—to **take control in 1, 2, 3** and **be prepared for a disaster**.

As extreme weather continues to become more frequent and intense preparedness has never been more important. Older adults face even greater risks and challenges when it comes to preparing, especially those that are living alone, are low-income, have disabilities, or live in rural areas.

Older adults are the pillars of our community, and we owe it to them to value their wisdom, celebrate their contributions, and champion their well-being. This September, National Preparedness Month, will have a special focus on the older adult population.

Remember, there are many benefits to preparing and planning for disasters and emergencies. The most important benefits are staying safe and helping yourself, family, and your community recover.

Are you ready to take control and be prepared for when the next disaster or emergency occurs?

In the month of September, you will receive weekly tips on the following:

Week 1: [Making A Plan](#)

Plan how you will communicate with your family and friends; create a support network; and determine special assistance you and your household members may need during an evacuation.

Week 2: [Building A Kit](#)

Gather supplies that will last for several days after a disaster for everyone living in your home. Don't forget to consider the unique needs each person or pet may have in case you have to evacuate quickly. Update your kits and supplies based on recommendations by the [Centers for Disease Control](https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html). <https://www.cdc.gov/coronavirus/2019-ncov/your-health/about-covid-19.html> >. Don't forget to include copies of important documents such as birth certificates, insurance cards, and key contact lists.

Week 3: [Champion the Well-being of Older Adults](#)

There may be specific needs identified after a disaster for older adults. Plan for transportation if help is needed to evacuate and access to assistive devices. Include items such as medicines, medical supplies, batteries, and chargers, copies of Medicaid, Medicare, and other insurance cards in emergency kits.

For more information visit [Ready.gov](https://www.ready.gov) and view the 90 second [Preparing Older Adults](#) video to get started.

Take care and stay safe!

Government and Community Relations (GCR)

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