

September 25th: National Preparedness Month: Take Control in 1, 2, 3

STEP THREE: CHAMPION THE WELL-BEING OF OLDER ADULTS



Sept. 25-30: Champion the Well-being of Older Adults

There may be specific needs identified after a disaster for older adults. In case of evacuations, make sure older adults have access to assistive devices and transportation.

- Ensure an older adult's [emergency kit](#) includes various miscellaneous items that attend to their needs; such as medicines, medical supplies, batteries and/or chargers, copies of Medicaid, Medicare, and other insurance cards in emergency kits. Know the location of emergency kits.
- Pre-plan for ways to tend to emotional and spiritual needs or practices of older adults. Emergencies can cause severe stress—helping older adults cope with these events can have a large impact on their well-being.
- Include neighbors' contact information in an older adult's emergency plan.
- Provide extra help to older adults with disabilities during and after an emergency. Have a support network contact list on their phone along with their medical information. Put medical alert tags or bracelets on them if needed. Visit [ready.gov/disability](https://www.ready.gov/disability) for more information.
- Review the multiple ways the older adult may [receive alerts](#) before, during, and after disasters. If they don't have internet connectivity, teach them how to use a radio with batteries for updates from local officials. Always have the most up-to-date and accurate emergency information for the safety of yourself and household members.
- Sign up for [AC Alert](#) for Alameda County and [Nixle alerts](#) for anywhere you like by texting the zip code to 888777. Consider your home, work, and where older adults in your life reside. For more Alameda County emergency resources [click here](#).

- Check out this [Disaster Preparedness Guide for Older Adults](#). Champion the Well-being of Older Adults!

As National Preparedness Month comes to an end this September 30th, continue your preparedness efforts—do not stop! Take small steps each day to increase your ability to respond to and recover from emergencies or disasters and help those you care about.

For more information visit [Ready.gov](#) and view the 90 second [Preparing Older Adults](#) video.

Take care and stay safe!

Government and Community Relations (GCR)

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