



Mind Matters and the Preparing Together Workshop

Preparedness FAQs Guide

Why do I need an emergency plan?

Imagine that you have a fire in your home or there is a major snowstorm in your neighborhood. Creating an emergency plan will help you to identify special considerations like whether to stay or leave in an emergency, how to contact your loved ones, and items you need if you have access or functional needs.

Do I really need so many emergency contacts in my emergency plan?

Yes, having more than one emergency contact helps to ensure that a designated person can be reached in the event of an emergency. This is important both in medical emergencies or disasters.

Why would people listed in my emergency plan need to know?

Be sure that anyone you are in your emergency plan listing in this section is aware you are listing them as a contact, so they are prepared if they would ever get a call regarding an emergency for you. On the important contacts page of the workbook, if you live alone, you can the "household contacts" as other "out of house contacts" and be sure to label them as such.

Who should I include in completing my emergency plan?

Include family, friends & neighbors that you will have listed as an emergency contact as well as your doctors

What is a Disaster Kit?

(This information is from the Disaster Preparedness for Seniors, developed by the American Red Cross)

You may hear the term "go bag" or "stay at home kit". This is a collection of items you may need if you have to leave your home unexpectedly, (Go Bag or Go Kit) or if there has been



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an emergency and you are unable to leave your home due to snowy roads or, blocked access (stay at home Kit or shelter in place kit).

Disasters can happen at any moment. By planning ahead, you can avoid waiting in long lines for critical supplies, such as food, water and medicine and you will have essential items you may need. For your safety and comfort, have a disaster supplies kit packed and ready before a disaster hits. Be sure to keep your disaster kit in a place that you can easily access if you have to evacuate in a hurry. If you are unable to pack a kit because you use your items daily, keep a list of what you need and where they are stored for easy access.

- Assemble enough supplies to last for at least three days.
- Store your supplies in one or more easy-to-carry containers, such as a backpack or duffel bag.
- You may want to consider storing supplies in a container that has wheels.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers, that you would need with your name, address and phone numbers.
- Keeping your kit up to date is also important. Review the contents at least every six months or as your needs change. Check expiration dates and shift your stored supplies into everyday use before they expire. Replace food, water and batteries, and refresh medications and other perishable items with “first in, first out” practices.

How do I get extra medication for an emergency kit?

You can ask your doctor for samples, or your doctor may be able to provide an extra prescription form to keep in your kit.

Keep a list of your medications and pharmacy information in your disaster kit. This is helpful if you do not have access to your medications and need to get them refilled.



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I take too many medications to list in the workbook. What should I do?

You can staple another sheet of paper into the booklet if you need more space for medication lists.

What if I don't have a first Aid Kit in my home or to put in my go kit?

You can pick up a basic first aid kit from your local store, relatively inexpensive. (Or see if local fire dept or EMS stations have them to donate)