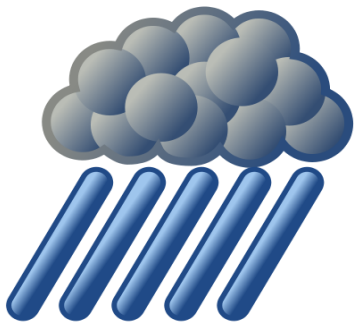


Disaster Preparedness Toolkit for Older Adults



Make a Plan | Have a Disaster Kit | Be Prepared



KENTUCKY RIVER
HEALTH CONSORTIUM



Kentucky River
AREA DEVELOPMENT DISTRICT

UK Center of Excellence
in Rural Health

UK University of
Kentucky

Center for Appalachian Research
in Environmental Sciences

Homeplace
Community Health Workers Since 1994

TABLE OF CONTENTS

**Click a topic below to
jump to the page**

[Grab 'n Go Checklist](#)

[How to Receive Wireless Emergency Alerts Disaster](#)

[Preparedness Video for Seniors](#)

[My Complete Care Plan](#)

[How to Create an Emergency Communication Plan](#)

[How to Safeguard Critical Documents and Valuables](#)

[Local Resources](#)

Grab 'n GO

Have a *Grab 'n Go Bag* for each person in the house and attach it to the bed.

ADULT

- Flashlight, batteries, and light sticks
- Portable radio and batteries
- Keys (house and car)
- Money (coins and bills)
- Glasses, contact lenses and solutions
- Medications (at least one week supply)
- Comfortable shoes, two pairs of socks
- Comfortable clothing (sweats, extra underwear)
- Jacket, cap or hat
- Whistle (call for help if trapped)
- Sunscreen
- Pocket knife
- Watch or clock
- Paper and pencil
- "Okay" and "Help" signs
- Emergency phone list, out-of-state contact #
- Lists of people to notify of you are injured
- Copies of important documents: insurance, identification, social security, etc.
- Small first aid kit
- Toilet articles: comb, toothbrush, toothpaste, soap, razor, washcloth, face towel, shampoo, lotion, lip balm, emery board, nail clipper, sanitary products, tissue, etc.
- Toilet Paper
- Zip-lock bags, plastic grocery bags
- Good book, playing cards, crossword puzzles
- Work gloves, several pairs of latex gloves
- Lightweight blanket
- Plastic ground cloth
- Emergency tent
- Hard Hat
- Dust Mask (two)
- Hammer and folding shovel
- Crow bar (may need to move debris)
- Rope
- Drinking Water – store in a separate place, minimum one gallon per person)
- Snacks (granola bars, trail mix, peanut butter)



SENIORS OR DISABLED

These items are in addition to the Adult Grab 'n Go Bag.



- Food for special diet needs
- Batteries for hearing aids, wheelchair, etc.
- List of model and serial # of medical devices
- Special supplies: oxygen, catheters, etc.
- Prescriptions for eyeglasses (not older than one year)
- Personal sanitary items (Protective undergarments, disposable bags, ties, wipes)
- For guide dogs see Pet Grab 'n Go Bag

INFANTS AND TODDLERS

These items are in addition to the Adult Grab 'n Go Bag.



- Formula, disposable bottles, nipples
- Diapers and wipes
- Instant baby cereal
- Bowl and spoon
- Sunscreen
- At least two changes of clothes
- Light Jacket
- Thermometer
- Medicine dropper and Medications
- Pedialyte, electrolyte replacement solution
- Firm soled shoes
- Toys, books, stuffed animals
- Authorization to Consent to Treatment of Minor Form, completed

PETS

Keep your pet Grab 'n Go Bag in an easily accessible location near your own emergency supplies.

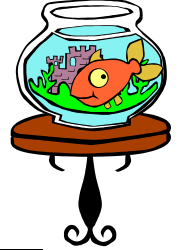
- Food
- Water
- Bowls
- Leash
- Muzzle
- Poop scooper, bags
- Treats
- Toy
- Extra Name Tag
- License number



- Pet carrier or crate for each pet
- Name, address and phone number of veterinarian
- People to contact to take care of the animal
- Vaccination and medical records
- List of Special Instructions

Pet First Aid Kit

- Scissors
- Gauze pads
- Wipes
- Instant cold pack
- Adhesive tape
- Tweezers
- Soap



CAR EMERGENCY KIT

- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- Space Blanket
- First Aid Kit (bandages, gauze, etc.)
- Pocket Knife
- Matches (waterproof)
- Flares
- Fire Extinguisher
- Work gloves
- Jumper cables



- Pencil and paper
- Tools (screwdriver, pliers, wire, crowbar, rope, etc.)
- Emergency Phone Numbers, including your contact person
- Maps of your most often traveled routes
- Personal items (eyeglasses, toothbrush, soap, tissue, hand wipes, etc.)
- Special needs (medication, diapers, infant formula, etc.)
- Favorite book, crossword puzzles, or games

OFFICE EMERGENCY KIT

- Water
- Food (canned, dehydrated, snacks)
- Sweater or jacket, extra clothing
- Comfortable walking shoes
- Money (coins and bills)
- Flashlight (extra batteries)
- First Aid Kit (bandages, gauze, etc.)



- Emergency Phone Numbers, including your contact person
- Personal items (eyeglasses, toothbrush, soap, tissue, hand wipes, etc.)
- Medication
- Favorite book, crossword puzzle, or games
- List of people to notify if you are injured
- Keys (house and car)

Wireless Emergency Alerts (WEA)

What are Wireless Emergency Alerts?

- Wireless Emergency Alerts, or WEAs, are free messages sent directly to your cellular phone, warning you about severe weather, AMBER Alerts and threats to safety in your area.
- WEAs are sent to you by your state and local public safety officials, the National Weather Service, the National Center for Missing and Exploited Children, the U.S. Geological Survey, and the President.
- WEAs began in 2012 and should already be on your cellular phone or other wireless device.
- WEAs are no more than 360 characters and will provide brief critical information about a threat in your location or an AMBER emergency.
- The WEA notification is designed to get your attention and alert you with a unique sound and vibration.
- WEAs resemble a text message on your cellular phone – but WEAs will not interrupt calls in progress.
- WEA messages allow alerts to be sent to cellular phones in a geographically targeted affected area.
- WEAs are one-way alerts to any cell phones in range of the cell tower, which ensures that authorities cannot collect any data from an individual.
- WEAs are not affected by network congestion.
- Wireless customers will not be charged for the delivery of WEA messages.

Unique Sound & Vibration

- The unique sound and vibration (Common Audio Attention Signal and Vibration Pattern) you receive when a WEA is sent are prescribed in Part 10 of the Code of Federal Regulations for use in Alert messaging only.
- The unique sound and vibration cadence are particularly helpful to people with visual or hearing disabilities.

Will I Receive WEAs on My Cell Phone?

- To find out if your phone can receive WEA alerts, contact your wireless provider. All the major providers participate in WEA on a voluntary basis. It will take time for upgrades in infrastructure, coverage and handset technology to allow WEA enhancements to reach all cellular customers.
- Wireless providers are selling devices with WEA capability included but not all handsets now on the market can receive WEAs. To learn how yours is configured, contact your wireless provider or phone manufacturer.
- WEA messages can save lives. Do not ignore these messages! WEAs contain basic information so if you receive a WEA, seek additional information from other sources such as radio or TV.

For more information visit <https://www.fema.gov/ipaws>. Contact the IPAWS Program Management Office at ipaws@fema.dhs.gov.

IPAWS is a national system for local alerting that provides authenticated emergency alert and information messaging to the public through cell phones and internet applications using Wireless Emergency Alerts, and to radio and television via the Emergency Alert System.



FEMA

DISASTER PREPAREDNESS FOR SENIORS VIDEO

Check out this five-minute video from SeniorLiving.org and learn how to:

- Assess the risks of disasters where you or a beloved senior lives
- Compile local resources
- Put together an emergency kit
- Plan for disasters



Watch the video here: <https://youtu.be/0T9VOYOuCmU>

This video is shared by permission from SeniorLiving.org. Learn more about disaster preparedness for seniors and caregivers at

<https://www.seniorliving.org/research/disaster-preparedness/>

DISASTER PREPAREDNESS

Be Prepared | Make a Plan

If you become sick or injured during a disaster, having all of your health information in one place can make it easier for medical professionals to help you.

MY COMPLETE CARE PLAN

Community Health Workers (CHWs) at Kentucky Homeplace are available to assist you with completing this form over the telephone free of charge. Contact a CHW near you at one of the phone numbers listed below.

Contact a CHW in a KRADD County

Breathitt 606-666-7106

Leslie 606-672-2155

Perry 606-439-3557

Knott 606-785-9884

Letcher 606-633-7441

Wolfe 606-668-7900

Lee 606-560-1811

Owsley 606-560-1811

Contact a CHW throughout eastern Kentucky

Bath/Menifee 606-674-9297

Estill 606-723-9902

Lawrence/Martin 606-638-1079

Bell 606-337-6886

Floyd 606-359-3581

Morgan/Elliott 606-743-4005

Boyd/Greenup 606-473-6496

Harlan 606-574-0239

Pike 606-433-0327

Carter 606-474-2742

Johnson/Magoffin 606-349-8842

Powell 606-668-7660

Clay 606-599-1039

Laurel/Jackson 606-862-9749

Rowan 606-784-3881





U.S. DEPARTMENT OF
HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL
AND PREVENTION
ATLANTA, GA 30329

Complete Care Plan

Complete **THIS FORM** with the information about the **PERSON RECEIVING CARE**
A care plan summarizes a person's health conditions and current treatments for their care



First Name:

Last Name:

Date of birth:

Age:

Phone number:

Address:

E-mail:

About the person receiving care – This information will help your caregivers to know you better and plan activities that you enjoy

In a few sentences, tell people what you want them to know about you. *What is your family like? Where did you grow up? What kind of activities do you like doing (walking, sitting by the garden, playing cards, watching a TV show)? What things are you interested in learning about?*

My Medical Conditions

Condition	Healthcare Provider for this condition	Medicine(s) I take for it	Things that help (resting, exercising)



Complete Care Plan

Complete *THIS FORM* with the information about the *PERSON RECEIVING CARE*

My Medications

Name of medicine	Medication instruction (needs refrigeration, take on empty stomach)	Dose	When I take it

My Healthcare Providers

Name	Specialty	Address	Phone number

My Healthcare Insurance

Health Insurance Provider	Telephone

My Preferred Hospital

Hospital Name	Address	Telephone



Complete Care Plan
 Complete THIS FORM with the information about the PERSON RECEIVING CARE

Caregiver Resources

Service Provided (Driving, adult day care, meals, helpers, etc.)	Name of provider or helper	Telephone

Advanced Care Planning**

Check the medical Advanced Care Planning topics that you have discussed with your health care provider:

_____ **Advanced Directive or Living Will**

This is a legal document (not a medical order), to appoint someone as your legal representative and provides instructions about how you wish to be treated and cared for at the end of your life. Because it is not a medical order, it is not used to help doctors, emergency medical technicians, or hospitals treat you in an emergency.

_____ **Power of Attorney**

This legal document is used for you to give a specific person the ability to make decisions for you when you are unable to do so. It can be a spouse, adult child, family member, or friend. You can also name an alternate person in case something happens to the primary person you name. The power of attorney is usually part of the Advanced Directive, but is sometimes a separate document. Sometimes, depending on where you live, it is called a “medical (or healthcare) power of attorney,” “medical proxy,” or “healthcare agent.”

_____ **Physician (or Medical) Orders for Life-Sustaining Treatment (POLST or MOLST) or Physician Orders for Scope of Treatment (POST)**

This document, which varies by state, is a medical order signed by a medical professional and used for treatment. It is generally used when a person is nearing the end of life, such as with a terminal or serious illness. This is a document that your doctor can discuss with you during your Advanced Care Planning discussion. This does not name a “surrogate” or “medical proxy.” This document would be used together with the Living Will/Advanced Directive to guide your loved ones and your doctors in the event that you are unable to make your own decisions

The following documents will be attached to this Care Plan:

_____ Advanced Directive or Living Will

_____ Power of Attorney

_____ Orders for Life-Sustaining Treatment or Scope of Treatment

**Information provided by the American College of Physicians.

Plans for follow-up

Ask your medical provider to explain situations when you should call the doctor’s office, report to an emergency room, or schedule a regular follow-up appointment. *What are signs and symptoms you and/or your caregiver should look out for? Make sure you write on a calendar all appointments for all caregivers to see.*



Complete Care Plan

Complete *THIS FORM* with the information about the *PERSON RECEIVING CARE*

Emergency Contacts

Name	Relation	Phone number	Address

- I have thought about what medical treatment will mean for me and have discussed it with my family, caregivers, and medical providers
- This plan reflects an outline of my current medical management and plans along with those involved in my medical care.

I have given a copy of my Care Plan to:

Title	Full Name	Phone number	Address
Doctor			
Family			
Friend			
Other			



Daily Care Plan

Complete this form with the information about the **PERSON RECEIVING CARE** and **DISPLAY** it where all caregivers can **SEE IT**.



First name: _____ Last name: _____ Date of birth: _____ Age: _____

Phone number: _____ Address: _____

My Medical Conditions

Condition	Healthcare Provider I see for this condition	Medicine(s) I take	Things that help (resting, exercising)

My Medications

Name of medicine	Medication instruction (needs refrigeration, take on empty stomach)	Dose	When I take it

Emergency Contacts

Name	Relation	Phone number	Address

Advanced Care Planning and Insurance Information

My Medical Power of Attorney is (Name): _____ Phone number: _____

Insurance Information- Provider: _____ Telephone: _____



CREATE YOUR FAMILY EMERGENCY COMMUNICATION PLAN



FEMA

Creating your *Family Emergency Communication Plan* starts with one simple question: “What if ”

“What if something happens and I’m not with my family ” “Will I be able to reach them ” “How will I know they are safe ” “How can I let them know I’m OK ” During a disaster, you will need to send and receive information from your family.

Communication networks, such as mobile phones and computers, could be unreliable during disasters, and electricity could be disrupted. Planning in advance will help ensure that all the members of your household—including children and people with disabilities and others with access and functional needs, as well as outside caregivers—know how to reach each other and where to meet up in an emergency. Planning starts with three easy steps:



1. COLLECT.

Create a paper copy of the contact information for your family and other important people/offices such as medical facilities doctors schools or service providers.



2. SHARE.

Make sure everyone carries a copy in his or her backpack, purse, or wallet. If you complete your *Family Emergency Communication Plan* online at ready.gov/make-a-plan you can print it onto a wallet-sized card. You should also post a copy in a central location in your home, such as your refrigerator or family bulletin board.



3. PRACTICE.

Have regular household meetings to review and practice your plan.

**TEXT
IS
BEST!**

If you are using a mobile phone, a text message may get through when a phone call will not. This is because a text message requires far less bandwidth than a phone call. Text messages may also save and then send automatically as soon as capacity becomes available.

The following sections will guide you through the process to create and practice your *Family Emergency Communication Plan*.



HOUSEHOLD INFORMATION

Write down phone numbers and email addresses for everyone in your household. Having this important information written down will help you reconnect with others in case you don't have your mobile device or computer with you or if the battery runs down. If you have a household member(s) who is Deaf or hard of hearing, or who has a speech disability and uses traditional or video relay service (VRS), include information on how to connect through relay services on a landline phone, mobile device, or computer.

SCHOOL, CHILDCARE, CAREGIVER, AND WORKPLACE EMERGENCY PLANS

Because a disaster can strike during school or work hours, you need to know their emergency response plans and how to stay informed. Discuss these plans with children, and let them know who could pick them up in an emergency. Make sure your household members with phones are signed up for alerts and warnings from their school, workplace, and/or local government. To find out more about how to sign up, see *Know Your Alerts and Warnings* at ready.gov. For children without mobile phones, make sure they know to follow instructions from a responsible adult, such as a teacher or principal.

OUT-OF-TOWN CONTACT

It is also important to identify someone outside of your community or State who can act as a central point of contact to help your household reconnect. In a disaster it may be easier to make a long-distance phone call than to call across town because local phone lines can be jammed.

EMERGENCY MEETING PLACES

Decide on safe, familiar places where your family can go for protection or to reunite. Make sure these locations are accessible for household members with disabilities or access and functional needs. If you have pets or service animals, think about animal-friendly locations. Identify the following places:

- Indoor:* If you live in an area where tornadoes, hurricanes, or other high-wind storms can happen, make sure everyone knows where to go for protection. This could be a small, interior, windowless room, such as a closet or bathroom on the lowest level of a sturdy building, or a tornado safe room or storm shelter.
- In your neighborhood:* This is a place in your neighborhood where your household members will meet if there is a fire or other emergency and you need to leave your home. The meeting place could be a big tree, a mailbox at the end of the driveway, or a neighbor's house.
- Outside of your neighborhood:* This is a place where your family will meet if a disaster happens when you're not at home and you can't get back to your home. This could be a library, community center, house of worship, or family friend's home.

- Outside of your town or city:* Having an out-of-town meeting place can help you reunite if a disaster happens and:

- You cannot get home or to your out-of-neighborhood meeting place; or
- Your family is not together and your community is instructed to evacuate the area.

This meeting place could be the home of a relative or family friend. Make sure everyone knows the address of the meeting place and discuss ways you would get there.

OTHER IMPORTANT NUMBERS AND INFORMATION

You should also write down phone numbers for emergency services, utilities service providers, medical providers, veterinarians, insurance companies, and other services.



- Make copies of your *Family Emergency Communication Plan* for each member of the household to carry in his or her wallet, backpack, or purse. Post a copy in a central place at home. Regularly check to make sure your household members are carrying their plan with them.
- Enter household and emergency contact information into all household members' mobile phones or devices.
- Store at least one emergency contact under the name "In Case of Emergency" or "ICE" for all mobile phones and devices. This will help someone identify your emergency contact if needed. Inform your emergency contact of any medical issues or other requirements you may have.
- Create a group list on all mobile phones and devices of the people you would need to communicate with if there was an emergency or disaster.
- Make sure all household members and your out-of-town contact know how to text if they have a mobile phone or device, or know alternative ways to communicate if they are unable to text.
- Read *Know Your Alerts and Warnings* at ready.gov and sign up to receive emergency information.



Once you have completed your *Family Emergency Communication Plan*, made copies for all the members of your household, and discussed it, it's time to practice!

Here are some ideas for practicing your plan:

- Practice texting and calling. Have each person practice sending a text message or calling your out-of-town contact and sending a group text to your mobile phone group list.
- Discuss what information you should send by text. You will want to let others know you are safe and where you are. Short messages like "I'm OK. At library" are good.

- Talk about who will be the lead person to send out information about the designated meeting place for the household.
- Practice gathering all household members at your indoor and neighborhood emergency meeting places. Talk about how each person would get to the identified out-of-neighborhood and out-of-town meeting places. Discuss all modes of transportation such as public transportation rail and para-transit for all family members, including people with disabilities and others with access and functional needs.
- Regularly have conversations with household members and friends about the plan, such as whom and how to text or call, and where to go.
- To show why it's important to keep phone numbers written down, challenge your household members to recite important phone numbers from memory—now ask them to think about doing this in the event of an emergency.
- Make sure everyone, including children, knows how and when to call 911 for help. You should only call 911 when there is a life-threatening emergency.
- Review, update, and practice your *Family Emergency Communication Plan* at least once a year, or whenever any of your information changes.

To help start the conversation or remind your family why you are taking steps to prepare and practice, you may want to watch the 4-minute video *It Started Like Any Other Day*, about families who have experienced disaster, at www.youtube.com/watch?v=w_omgt3MEBs. Click on the closed captioning (CC) icon on the lower right to turn on the captioning.

After you practice, talk about how it went. What worked well? What can be improved? What information, if any, needs to be updated? If you make updates remember to print new copies of the plan for everyone.

OTHER IMPORTANT TIPS FOR COMMUNICATING IN DISASTERS¹

- Text is best when using a mobile phone, but if you make a phone call, keep it brief and convey only vital information to emergency personnel and/or family or household members. This will minimize network congestion, free up space on the network for emergency communications, and conserve battery power. Wait 10 seconds before redialing a number. If you redial too quickly, the data from the handset to the cell sites do not have enough time to clear before you've re-sent the same data. This contributes to a clogged network.
- Conserve your mobile phone battery by reducing the brightness of your screen placing your phone in airplane mode, and closing apps you do not need. Limit watching videos and playing video games to help reduce network congestion.
- Keep charged batteries, a car phone charger, and a solar charger available for backup power for your mobile phone, teletypewriters (TTYs), amplified phones and caption phones. If you charge your phone in your car, be sure the car is in a well-ventilated area (e.g., not in a closed garage) to avoid life-threatening carbon monoxide poisoning.

¹ Federal Communications Commission, Public Safety and Homeland Security Bureau. (n.d.). *Tips for communicating in an emergency*. Retrieved from <http://transition.fcc.gov/pshs/emergency-information/tips.html>

- If driving, do not text, read texts, or make a call without a hands-free device.
- Maintain a household landline and analog phone (with battery backup if it has a cordless receiver) that can be used when mobile phone service is unavailable. Those who are Deaf or hard of hearing, or who have speech disabilities and use devices and services that depend on digital technology (e.g., VRS, Internet Protocol [IP] Relay, or captioning) should have an analog phone (e.g., TTY, amplified phone, or caption phone) with battery backup in case Internet or mobile service is down.
- If you evacuate and have a call-forwarding feature on your home phone, forward your home phone number to your mobile phone number.
- Use the Internet to communicate by email, Twitter, Facebook, and other social media networks. These communication channels allow you to share information quickly with a widespread audience or to find out if loved ones are OK. The Internet can also be used for telephone calls through Voice over Internet Protocol. For those who are Deaf or hard of hearing, or who have speech disabilities, you can make calls through your IP Relay provider.
- If you do not have a mobile phone, keep a prepaid phone card to use if needed during or after a disaster.
- Use a pay phone if available. It may have less congestion because these phones don't rely on electricity or mobile networks. In some public places, you may be able to find a TTY that can be used by those who are Deaf or hard of hearing, or who have speech disabilities.

The reader recognizes that the Federal Government provides links and informational data on various disaster preparedness resources and events and does not endorse any non-Federal events, entities, organizations, services, or products.



12 WAYS TO PREPARE

<input type="checkbox"/>  <p>Sign up for Alerts and Warnings</p>	<input type="checkbox"/>  <p>Make a Plan</p>	<input type="checkbox"/>  <p>Save for a Rainy Day</p>	<input type="checkbox"/>  <p>Practice Emergency Drills</p>	<input type="checkbox"/>  <p>Test Family Communication Plan</p>	<input type="checkbox"/>  <p>Safeguard Documents</p>
<input type="checkbox"/>  <p>Plan with Neighbors</p>	<input type="checkbox"/>  <p>Make Your Home Safer</p>	<input type="checkbox"/>  <p>Know Evacuation Routes</p>	<input type="checkbox"/>  <p>Assemble or Update Supplies</p>	<input type="checkbox"/>  <p>Get Involved in Your Community</p>	<input type="checkbox"/>  <p>Document and Insure Property</p>

FAMILY EMERGENCY COMMUNICATION PLAN

HOUSEHOLD INFORMATION

Home #:

Address:.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

Name: Mobile #:

Other # or social media:

Email:

Important medical or other information:

.....

SCHOOL CHILDCARE CAREGIVER AND WORKPLACE EMERGENCY PLANS

Name:

Address:.....

Emergency/Hotline #:

Website:

Emergency Plan/Pick-Up:

**SCHOOL
CHILDCARE
CAREGIVER AND
WORKPLACE
EMERGENCY PLANS**

Name:
Address:.....
Emergency/Hotline #:
Website:
Emergency Plan/Pick-Up:

Name:
Address:.....
Emergency/Hotline #:
Website:
Emergency Plan/Pick-Up:

Name:
Address:.....
Emergency/Hotline #:
Website:
Emergency Plan/Pick-Up:

**IN CASE OF
EMERGENCY
(ICE CONTACT)**

Name: Mobile #:
Home #: Email:
Address:

**OUT-OF-TOWN
CONTACT**

Name: Mobile #:
Home #: Email:
Address:

**EMERGENCY
MEETING PLACES**

Indoor:
Instructions:
Neighborhood:
Instructions:

Out-of-Neighborhood:
Address:.....
Instructions:

Out-of-Town:
Address:.....
Instructions:

**IMPORTANT
NUMBERS OR
INFORMATION**

Police: Dial 911 or #:

Fire: Dial 911 or #:

Poison Control: #:

Doctor: #:

Doctor: #:

Pediatrician: #:

Dentist: #:

Hospital/Clinic: #:

Pharmacy: #:

Medical Insurance: #:

Policy #:

Medical Insurance: #:

Policy #:

Homeowner/Rental Insurance:

#:

Policy #:

Flood Insurance: #:

Policy #:

Veterinarian: #:

Kennel: #:

Electric Company: #:

Gas Company: #:

Water Company: #:

Alternate/Accessible Transportation:

#:

Other: #:

Other: #:

Other: #:



FEMA

FEMA P-1094
Catalog No. 17166-2



SAFEGUARD CRITICAL DOCUMENTS AND VALUABLES



FEMA

When disaster strikes, your immediate concern will be your safety and the safety of those you care about. Once the immediate danger passes, however, having your financial and medical records and important contact information will be crucial to help you start the recovery process quickly. Taking time now to safeguard these critical documents will give you peace of mind, ensure you have access to essential medical and prescription information, and help you avoid additional stress during the difficult days following a disaster.

In addition, take the time now to think about the priceless personal items you would want to protect from damage or take with you if you had to suddenly evacuate your home.

The first step is to take an inventory of your household documents, contacts, and valuables. The checklist below will get you started. Then download the Emergency Financial First Aid Kit (EFFAK) at www.ready.gov/financialpreparedness for more complete checklists and guidance on collecting and safeguarding this important information.

Put a checkmark next to any item that you may need to collect and safeguard. Be sure to include emergency contact phone numbers or other contact information with your documentation for questions that may arise following a disaster.

HOUSEHOLD IDENTIFICATION

Think about the documents you would need to identify yourself and your household members, including children and pets, your relationships, or status. These may include:

- Vital records (birth, marriage, divorce certificate, adoption, child custody papers)
- Passport, driver's license, Social Security card, green card, military service identification, other
- Pet ownership papers, identification tags

FINANCIAL AND LEGAL DOCUMENTATION

If your home or income is impacted by a disaster, you will need documentation to request assistance from insurance providers and from government disaster assistance programs.

- Housing: lease or rental agreement, mortgage, home equity line of credit, deed
 - Vehicle: loan documents, VIN, registration, title
 - Other Financial Obligations: utility bills, credit cards, student loans, alimony, child support, elder care, automatic payments such as gym memberships
 - Financial Accounts: checking, savings, debit cards, retirement, investment
 - Insurance Policies: homeowners, renters, auto, life, flood, appraisals, photos, and lists of valuable items
 - Sources of Income: pay stubs, government benefits, alimony, child support
 - Tax Statements: Federal/state income tax returns, property tax, vehicle tax
 - Estate Planning: will, trust, power of attorney
-

MEDICAL INFORMATION

- Health/dental insurance, Medicare, Medicaid, VA health benefits
 - List of medications, immunizations, allergies, prescriptions, medical equipment and devices, pharmacy information
 - Living will, medical power of attorney
 - Caregiver agency contract or service agreement
 - Disabilities documentation
 - Contact information for doctors/specialists, dentists, pediatricians, veterinarians
-

EMERGENCY OR HOTLINE CONTACT INFORMATION FOR HOUSEHOLD

- Employers/supervisors
 - Schools
 - Houses of worship
 - Social service providers
 - Homeowners Associations
 - Home Repair Services: utilities, plumber, roofer, carpenter, electrician
-

VALUABLES AND PRICELESS PERSONAL ITEMS

- Priceless personal mementos, family photos, and keepsakes
- Possessions with monetary value, including jewelry, art, and collectibles

**PROTECT
YOUR DOCUMENTS
AND VALUABLES**

Once you have gathered your financial, legal, and contact information, it is essential to safeguard this information.

- Consider storing *paper copies* of important documents at home in a fireproof and waterproof box or safe, in a bank safe deposit box, or with a trusted friend or relative. If you are using a safe deposit box, you may want to ask your bank or check state laws to confirm who can and cannot access the safe deposit box if the lessee dies or is incapacitated.
- Store *electronic copies* of important documents in a password-protected format on a removable flash or external hard drive in your fireproof and waterproof box or safe, or consider using a secure cloud-based service. Visit www.us-cert.gov/ncas/tips/st04-019 to learn how to use electronic encryption to protect sensitive information.
- Think about where you store valuable belongings and ways to better protect these items. If you have valuable items stored in a basement, you may want to move them to a higher location and put them in waterproof containers to avoid water damage. Or you may want to keep small items in a flood/fireproof home safe. You may also want to secure items that are displayed on shelves or walls if your home may be subject to high winds or earthquakes.

Thank you for doing your part to prepare! Spread the word and encourage others to join the movement at www.ready.gov/prepare.



 **12 WAYS TO PREPARE**

<input type="checkbox"/>  <p>Sign up for Alerts and Warnings</p>	<input type="checkbox"/>  <p>Make a Plan</p>	<input type="checkbox"/>  <p>Save for a Rainy Day</p>	<input type="checkbox"/>  <p>Practice Emergency Drills</p>	<input type="checkbox"/>  <p>Test Family Communication Plan</p>	<input type="checkbox"/>  <p>Safeguard Documents</p>
<input type="checkbox"/>  <p>Plan with Neighbors</p>	<input type="checkbox"/>  <p>Make Your Home Safer</p>	<input type="checkbox"/>  <p>Know Evacuation Routes</p>	<input type="checkbox"/>  <p>Assemble or Update Supplies</p>	<input type="checkbox"/>  <p>Get Involved in Your Community</p>	<input type="checkbox"/>  <p>Document and Insure Property</p>

LOCAL RESOURCES

For emergencies call 9-1-1

Aging Services

Kentucky River Area Development District

Stacie Noble, Associate Director of Aging Services

941 North Main Street

Hazard, KY 41701

Phone: (606)436-3158

stacie@KRADD.org

American Red Cross Eastern Kentucky Chapter

101 Bulldog Lane, Suite 300

Hazard, KY 41701

606-629-3344

<https://www.redcross.org/local/kentucky/about-us/locations/eastern-kentucky-chapter.html>

Kentucky Homeplace

William Baker, Director

750 Morton Blvd.

Hazard, KY 41701

<https://ruralhealth.med.uky.edu/cerh-homeplace>

AARP in Kentucky

10401 Linn Station Road, Suite 121

Louisville, Kentucky 40223

1-866-295-7275

kyaarp@aarp.org

Kentucky Emergency Management

Frankfort, KY

800-255-2587 <https://kyem.ky.gov/>