



Advocacy. Action. Answers on Aging.

HOUSING & COMMUNITY SERVICES DEPARTMENT OFFICE ON AGING

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OLDER ADULTS AND PERSONS WITH DISABILITIES CAN PREPARE FOR DISASTERS

Were you frightened by the recent earthquake and landslides that were felt in Orange County? There's no need to live in fear, but it is wise, especially for older adults and persons with disabilities, to take some special precautions before disasters strike.

PERSONAL NEEDS

- Compile a list of medications, allergies, special equipment, names and numbers of doctors, pharmacists and family members and emergency phone numbers (police, fire and ambulance). Keep this list with you at all times.
- Include a spare pair of eyeglasses and extra medication in your emergency supplies, which should always be kept at your bedside.
- Store extra batteries for hearing aids, wheelchairs and other battery-powered assistive devices with your emergency supplies.
- Keep walking aids nearby at all times.
- Install a security light in each room. These lights plug into any outlet and light up automatically if there is a loss of electricity. They operate automatically for four to six hours.
- Keep a whistle on hand to signal for help.
- Anchor special equipment, such as telephones and life support systems, and fasten tanks of gas, such as oxygen, to the wall.
- Have a battery operated portable radio available for news and alerts.

HOME PREPAREDNESS

- Prepare to be self-sufficient for at least three days with an emergency supply kit that includes water, any special dietary items, sanitary aids, cooking and eating utensils, flashlight, batteries, radio, blankets, prescription drugs, a change of clothing and a well-stocked first aid kit.
- Securely anchor medical equipment, heavy appliances and bookcases. Move beds away from windows. Do not hang shelves or heavy objects over beds.
- Identify the safest spot in each room of your home. Remove items from hallways, exits, doorways and other areas that may obstruct an exit or present a hazard.
- Develop a plan on how and where to reunite if your family becomes separated. Conduct practice drills to prepare for an emergency.

For more detailed information, including what to do during and after the disaster, call the Office on Aging's Information and Assistance Line at **1-800-510-2020** and ask for our Earthquake and Other Disasters Guide for Seniors.

Information and Assistance can also provide referrals for transportation, housing, in-home services, meals, legal assistance, elder abuse, caregiving assistance, health and health insurance and much more!