

**If You Evacuate—Let Us Know Where You Are As Soon As Possible:**

If you or the person you support receives Long Term Supports and Services, such as Community Choices Waiver (CCW) Services, Adult Day Health Care (ADHC) Waiver Services, Program of All-Inclusive Care for the Elderly (PACE) or Long Term-Personal Care Services (LT-PCS—State Plan Services), it is very important that you notify us of your location as soon as possible after you have reached your evacuation destination. This will assist us in making sure you continue to receive services in the most efficient and timely way possible.

- ▶ CCW and ADHC Participants—Call your Support Coordination Agency

**My Support Coordination Agency is:**

**Support Coordination Agency's Phone Number:**

- ▶ LT-PCS Participants—Call your provider agency:

**My LT-PCS Provider agency is:**

**LT-PCS Provider Agency Phone Number:**

- ▶ PACE Participants—Call your PACE provider:

**My PACE Provider is:**

**My PACE Provider's Phone Number:**

If you are not sure whom to notify regarding your evacuation location—call the LDH/OAAS Toll-Free Help Line:  
**866-758-5035**

**LEARN MORE:**

For more information, please contact your local emergency management office or American Red Cross Chapter, or access preparedness materials online at:

**American Red Cross**  
[www.redcross.org](http://www.redcross.org)

**Alzheimer's Association—Louisiana Chapter**  
[www.alz.org/louisiana](http://www.alz.org/louisiana)

**Louisiana Department of Transportation & Development Evacuation Route Maps**  
[www.dotd.louisiana.gov/maps](http://www.dotd.louisiana.gov/maps)

**Governor's Office of Homeland Security & Emergency Preparedness**  
[www.gohsep.la.gov](http://www.gohsep.la.gov)

**Louisiana Department of Health**  
[www.ldh.la.gov](http://www.ldh.la.gov)

**LDH/Office of Aging and Adult Services**  
[www.oaas.ldh.la.gov](http://www.oaas.ldh.la.gov)

*The information in this brochure has been drawn from a number of sources that are considered reliable. This information is offered on a "best practice" basis and should not be considered all inclusive.*



# Disaster/Emergency Planning Tips for the Elderly, People with Disabilities, and their Caregivers



628 N. 4th Street, Baton Rouge, LA 70802  
OAAS website:  
[www.oaas.ldh.la.gov](http://www.oaas.ldh.la.gov)

*Preparing Louisiana's Seniors, People with Disabilities, and their Caregivers for Disasters and Emergencies*

## ARE YOU PREPARED FOR A DISASTER or an EMERGENCY?

Disasters can happen anytime, without warning. A disaster can be the result of a man-made incident such as a terrorist attack, or natural event like a hurricane or tornado. Louisiana's history dramatically demonstrates that no community is immune to the affects of a disaster.

Disasters and emergencies can present additional challenges for seniors and people with disabilities. Being prepared for any emergency takes planning. This brochure highlights some steps you, your family, and support network can take now to reduce the impact disasters and emergencies can have on you.



## Getting Started

Being prepared means that you have a **PLAN OF ACTION** – you know what to do before the emergency occurs. To do this, you must know what hazards you face; what your personal needs are; what resources are available to you; and how, when and what others can do to help you in an emergency.

## Make a Plan

Establishing a **personal support network** with family, friends, neighbors, co-workers, and personal support staff is an important first step in emergency preparedness planning. Ask those who form your support network to help you:

- ▶ **Develop a disaster plan** for each place you spend time – home, work, school, and in the community.
- ▶ **Give copies of your plan** to members of your support network. Keep a copy in your wallet or purse and in your Emergency Supply Kit “Go Bag”.
- ▶ **Tell others about your personal needs** and how they can help you in an emergency.
- ▶ **Decide where to meet in case you become separated from your family**— for example, right outside your home in case of a fire, or a location outside your neighborhood in case you can’t return home. Make sure everyone in your support network knows the name, address and phone numbers of all meeting places.
- ▶ **Choose an out-of-town friend or relative** that you and your support network can call to let them know where you are. After a disaster, it is often easier to make a long distance call than a local call.

- ▶ **Choose substitute caregivers** that are familiar with your special needs in case your primary caregiver is unavailable or unable to provide care during an emergency situation.
- ▶ **Prepare a Go Bag.** A Go Bag is an emergency supply kit that contains copies of important documents, equipment, spare keys, and other items you may need in the event of an evacuation. Your Go Bag should be packed in a sturdy, easy-to-carry container like a backpack or suitcase on wheels, and should be easily accessible in case you have to leave in a hurry. Make sure your support network knows where your Go Bag is kept, and that it is checked on a regular basis to replace/update items as needed. A model emergency supply list is available at the American Red Cross website: [www.redcross.org](http://www.redcross.org).
- ▶ **Before an emergency/disaster happens, identify all possible exit routes** from your home and neighborhood. Make sure all exits in the home are easily accessible, clearly marked, and easy to see – day or night. Keep exits clear—you may have to feel your way out in the event of a fire.
- ▶ **Practice and update your plan regularly** with members of your support network.

## Other Considerations

- ▶ **If you rely on home-delivered meals**, always stock nonperishable food at home in case meal deliveries are suspended during an emergency.
- ▶ **Have a plan with your doctor, pharmacy and health insurance company** that addresses emergency prescription refills.

- ▶ **Include pharmacies outside of your immediate area.**

- ▶ **Get special instructions for storing medications** that must be refrigerated, such as insulin, in case you lose electrical power. Keep information in your Go Bag.



- ▶ **If you rely on medical equipment that requires electric power**, contact your medical supply company for information regarding a back-up power source such as a battery. If you use a portable generator for emergency power, follow manufacturer’s directions for safe operation. Ask your utility company if the medical equipment qualifies you to be listed as a life-sustaining equipment customer. Keep information in your Go Bag.
- ▶ **If you rely on oxygen**, talk to your vendor to find out what their emergency back-up plan is for getting refills to you or to your evacuation site. Make sure they provide you with contact information for back-up vendors. Keep information in your Go Bag.
- ▶ **If you receive dialysis or other medical treatments**, find out your provider’s emergency plan. Be sure you have contact information for back-up dialysis providers. Keep information in your Go Bag.

## Take Shelter

- ▶ **If you are instructed to take shelter—do so immediately.** You can get more information on how to SHELTER-IN-PLACE from the American Red Cross website: [www.redcross.org](http://www.redcross.org)

## Plan to Evacuate

Evacuation is used as a last resort when a serious threat to public safety exists. If you must evacuate - **BE PREPARED TO DO SO IMMEDIATELY!**

### Consider the following:

- ▶ **Have available and listen to an Emergency Alert radio or television** station for instructions. Listen carefully and follow evacuation route information.
- ▶ **Your first plan should always be to seek shelter** with friends and family that live far enough away from affected areas.
- ▶ **Before an emergency/disaster happens**, find out where Medical Special Needs Shelters are located in your area. Ask if your special needs qualify you to use a Medical Special Needs Shelter. Most shelters are not equipped with beds, or other items you may need. Find out what the shelter provides and what items you are allowed to bring with you in the event you have to use a shelter.
- ▶ **Keep protective clothing and sturdy shoes in your Go Bag** that you can easily change in to.
- ▶ **Keep your vehicle in good working order** and gas tank over  $\frac{3}{4}$  full at all times. Locate gas stations ahead of time – gas may be in short supply.
- ▶ **Make arrangements for wheelchairs, walkers, etc.** Have contact information for medical equipment vendors.
- ▶ **Notify a friend or family member** who lives out of the area and tell them where you are going, when you plan to leave, and when you plan to arrive at your destination. If you are unable to call—leave a note on the fridge that lists your destination, who you left with, and the date and time you left.