



Emergency Preparedness Checklist

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Directions: Use this checklist to organize your emergency preparations. It should be used in conjunction with the Emergency Medical and Medication Tracking forms also found on this site. Be sure to review this form every couple of months to keep it current.

The Basics	Yes	No	Comments
Do I know the most important disaster issues for the area where I live (earthquakes, floods, tornados)?	<input type="checkbox"/>	<input type="checkbox"/>	_____

Do I know how I should respond to a disaster that might strike with little or no warning?	<input type="checkbox"/>	<input type="checkbox"/>	_____

Do I know the recommended evacuation route if there were an evacuation order? What are my transportation options? Where is the nearest shelter?	<input type="checkbox"/>	<input type="checkbox"/>	_____

Do I know where the shut-off valves are for my homes utilities and how to turn them off? If any special tools are needed, where are they located?	<input type="checkbox"/>	<input type="checkbox"/>	_____

If I am receiving home health services, have I discussed emergency procedures with the provider?

If I have any special needs, do I have a plan for dealing with them in an emergency?

- Mobility
- Medical equipment requiring electric power
- Incontinence supplies
- Other:

If I live in a senior community, am I familiar with its emergency planning and procedures?

Emergency Supply Checklist

Home Supplies

- Drinking water (3-6 day supply)
- Food (3-6 day supply, requires no cooking, high energy)
- Flashlight (check batteries regularly)
- Portable radio (check batteries regularly)
- First aid kit
- Spare batteries
- Manual can opener
- Light sticks (safer than candles)
- Waterproof matches
- Medications (3-6 day supply)
- Medications list
- Cell phone
- Cash or traveler's checks
- Emergency medical form

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Evacuation Travel Bag

- Personal hygiene items (toilet paper, alcohol wipes, gel hand sanitizer)
- Backup prescription glasses
- Extra change of clothes
- Rain slicker or poncho
- Walking shoes
- Blanket or sleeping bag
- Water bottles
- Breakfast or energy bars
- Disposable dust masks
- Medications list
- Emergency medical form

Other Preparations

- Keep gas tank at least half full
- Spare hearing aid batteries
- Emergency supply of pet food