

Get Your Ducks in a Row!

Week 5 OLLI Fall 2018

What do you need to do **for yourself?**

Now that you've taken care of information which others need

→ what do you need?

- Start downsizing
- Safety check your home
- Be prepared for emergencies
 - Smart911
 - Yellow Dot Program
- Consider options if health and finances change
- Identify your support system
- Enjoy life!

Downsizing in Fairbanks

Recycle your possessions so someone else can enjoy them!
Be sure to ask family and friends if they would like some of your things

Types of items to donate

Artwork	Value Village, Salvation Army, Raven Landing, nonprofit auctions, consignment
Linens	FNSB Animal shelter, Interior Alaska Center
Books	Literacy Council, Value Village, auctions, school or borough library
Building supplies	Value Village, Salvation Army
Camping/sports	Play-it-again Sports, UAF gear swap, UAF Really Free Market
Clothing	Value Village, CTC Career Closet, Interior Alaska Center, FMH emergency room
Electronics	Borough recycling center, nonprofits or churches
Furniture	Value Village, Salvation Army
Household goods	Red Cross, Interior Alaska Center, Value Village, Salvation Army, nonprofit fundraiser
Jewelry	Value Village, Salvation Army, CTC Career Closet, auctions, consignment
Office supplies	donate to nonprofits or churches
Garden	business offices, churches, nonprofits, Hospice spring plant sale
Any of the above	nonprofit fundraisers

Nonprofits accepting donations

Fairbanks Resource Agency	(FRA) (Value Village) - 474-4828 - clothing, household goods
FNSB transfer site	leave still usable household goods, appliances, furniture on covered platforms
Interior Alaska Green Star	452-4152 www.iagreenstar.org Info@greenstar.org
Interior AK Center	Interior Alaska Center for Nonviolent Living - clothing, household goods
Literacy Council of Alaska	(Forget-Me-Not Books) - 517 Gaffney 456-6212 - books, computers
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Raven Landing	Retirement Community of Fairbanks 1222 Cowles St., 328-5454 - call for info on what is needed
Salvation Army Thrift Store	2222 S. Cushman, 456-2085 - clothing, household goods, books, furniture
CTC Career Closet	UAF Community and Technical College 455-2826 604 Barnette Rm 106 - clothing men and women
UAF Really Free Market	Contact UAF Summer Sessions for information 474-7021 - 1x or 2x a year - almost any kind of goods
UAF Ski Swap -	

Fundraisers to benefit local nonprofits

Hospice of the Tanana	Val plants or gardening items for plant sale in May 474-0311
Northern AK Environ Ctr	Auction in the fall 452-5021 -
Alaska Women's Lobby	Annual Fabulous Feminist Fundraiser auction in April
Local churches	
Many others -	start your own event to support your favorite charity
FNSB Animal Shelter	

Home Safety Checklist

Outside	Indoor Stairways
	<input type="checkbox"/>
Good outdoor lighting (doors, path to garage)	Handrails along stairs
Snow removal equipment handy	High traction surfaces
Handrails along stairs	High color contrast at edge of stairs
Safe walkways and steps (not slippery)	Light switches at both top and bottom
Headbolt heater outlet working	Floors
Spare entrance keys in safe spot	Rugs securely fixed to floors
Entry	Floors clear of tripping hazards
	Furniture not blocking pathways
Peephole or panel window accessible	Bedroomd
Light switch easy to reach	
Slip resistant floor	Telephone within easy reach
Electrical/Fire	Light, flashlight within easy reach
Electrical sockets not overloaded	Bathroomd
Electrical cords secure	Night light
Fire escape route planned & rehearsed	Slip resistant floor
Fire extinguishers charged, easily accessible	Grab bars - toilet, shower, bathtub, sink
Smoke detectors present, operating	Non-skid strips in shower or bathtub
Carbon monoxide detectors present, operating	Bath or shower chair, if needed
Curtains off floor & heating elements	Handheld shower nozzle
Safe storage of important papers	Easy to use faucets
Doors and Windows	Water line shut-offs clearly labeled
	Medications safely stored
Doors easy to open (lever better than doorknob)	Medicine cabinet has first aid supplies
Working door locks	Ground fault circuit interrupters present
Extra door keys labeled and stored	Utilities
Low threshold at room transitions	Water and gas shut-offs labeled
Windows easy to open and lock	Heating system in good repair
Kitchen	Hot water heater set 120 deg. or below
	<input type="checkbox"/>
Ground fault circuit interrupters present	Furnace filter clean
Easy access to trash, containers	Fireplace clean, flue closed & working
Cleaning supplies safely stored	Firewood safely stored
Grab tool to reach high places	Wood stove and other heaters inspected
Non-skid floor	Chimneys cleaned regularly
Hospital, Doctor, Pharmacy and Emergency contact numbers posted	Dryer vent in good condition
	Breaker box well labeled



Give emergency responders the information they need to help you faster!

Smart 911 is simple...

1. [Sign up for Smart 911](http://smart911.com) (smart911.com) and add information that responders should know in case of emergencies.
2. If you ever call 911, the dispatcher can use your information to save valuable time when seconds count.
3. Emergency responders can use the information to help you faster and more efficiently.

Smart 911 is useful...

1. Ideal for homes with children or adults that have disabilities, allergies, special medications, or other medical conditions that first responders should know about.
2. Users have the ability to add key information about household members, anyone they care for, and even their pets.
3. Users can add location information, emergency contacts, and even communication preferences for hearing impaired individuals or those whose primary language is not English.

Smart 911 is safe and secure...

1. You can add as much or as little information as you prefer.
2. Your information can only be viewed if you dial 911.

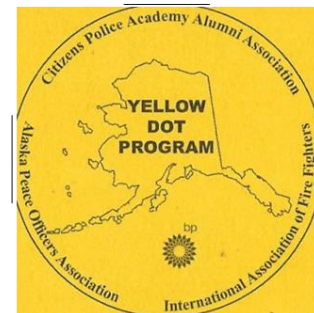
You are asked to log in every 6 months to keep your account current – a reminder will be sent to you. The information provided to your Smart 911 account is only available when someone with a linked phone number calls 911 and is only accessible for a limited time by the 911 operator. This means that your private information is only viewable when it may be needed to help save your life or a family member's life. Smart 911 also allows the public to sign up for a variety of notifications like air quality, traffic, etc. through the RAVE Alert system.

Yellow Dot Program

Keep your ID and medical information in the glove compartment of your vehicle.

How the YELLOW DOT PROGRAM works in Alaska

This FREE program could save your life or that of a loved one/s by providing the First Responders with vital medical information.



A YELLOW DOT in the lower left corner of the rear window on the driver's side of your vehicle will alert the First Responders that medical information is located in the glove compartment.

If an emergency arises, First Responders can easily identify the vehicle as that of a Yellow Dot participant and look inside the glove compartment for vital medical information.

Forms are available through Alaska State Troopers.

Information to Include in Smart911

Please use this worksheet as a guide for information you would like to provide 9-1-1 call takers and first responders.

Sign Up Information

First Name: _____	Number: _____
Last Name: _____	Street: _____
Email Address: _____	City: _____
Leave Blank:	State: _____
User ID: _____	Zip: _____
Password: _____	Number of Residents: _____

Home Address

People Details

First Name: _____	List any medical information: _____
Last Name: _____	_____
Date of Birth: _____	_____
Circle one: Male / Female _____	_____
Hair Color / Eye Color: _____	_____
Height / Weight: _____	_____

Medical Information

Phone Number

Number of phones numbers in household: _____	First Name: _____
Phone Number: _____	Last Name: _____
Circle one: Mobile / Land Line / VOIP / Cable _____	Phone Number: _____
Phone Number: _____	Email Address: _____
Circle one: Mobile / Land Line / VOIP / Cable _____	

Emergency Contact

Animals

Animal Type: Pet / Service Animal / Livestock _____	Make: _____
Number of Pets: _____	Year: _____
Pet Name(s): _____	Color: _____
Type of Animal(s): _____	License Plate: _____

Vehicle Information

More thoughts

What's your Plan B?

If you can no longer live in your home – because of health, finances, or? – what would you do? Consider your options now, before someone else has to make decisions for you.

Your support system

Who are the people in your support system, those you can call on if you need them? Do they know how to contact each other, if needed? List your family, friends, and neighbors, who probably don't all know each other, and provide them with contact information.

Access to your home in an emergency

Make sure family and others who might need to get into your home have keys or know where they are. Or install keypad access. They may need to get in if you call for help, need someone to take care of your pets, or check that everything is okay in the house if you have to leave on short notice.

Don't be afraid or too proud to ask for help! You'd help a family member or friend if they asked, wouldn't you?

This can't be repeated enough

Have "the conversation" with family about your end-of-life wishes.

Planning for emergencies

Your Auto Safety Pack

Have emergency supplies in your car In case you run out of gas, have an accident, or have to help someone else on the road. (extra gloves, scarf, hat, coat, boots, blanket, snack bars, flares, first aid kit, other?)

Your Electrical Outage Kit

Have emergency supplies ready in case the power goes out. Even if you have a generator, you may not have phone service or be able to cook, or flush the toilet

Your Go Bag

Have a bag packed and ready to go if you have to leave your home in a hurry. (medications, extra glasses/hearing aids, first aid kit, snack bars, charging cables for phone, copy of your ID, other?)