



Name:

Home Address:

Your Doctor(s):

Name:

Phone Number:

Hospital Address:

Allergies:

Medications:

Emergency Phone Numbers:

Personal Phone Numbers:

Important Websites and Phone Numbers to Have on Hand:

- American Red Cross (toll-free): 1-800-RED CROSS (733-2767)
www.redcross.org
 - Centers for Disease Control and Prevention -
<http://www.cdc.gov/aging/emergency/preparedness.htm>
- FEMA (toll-free): 1-800-621-FEMA (3362) - www.fema.gov



Dear Senior,

An emergency or disaster can erase the vital documents and records of our lives instantly, if we haven't prepared in advance. Using this Vital Checklist below, collect all the important papers and put them in an easily accessible bag. Make sure to make copies of all your documents and put them in a plastic zip-lock bags to keep them safe. Also to ensure you are ready to leave in a moment's notice, make sure that you have the items listed below and on the checklist in a bag as well.

To make your kit complete you will need to add the following items:

1. Include Copies of Emergency Documents:
 - Family Records (will, birth, marriage, divorce, etc.)
 - Driver's license and voter ID card
 - Medical & immunization records
 - Health insurance cards
 - Power of Attorney or legal documents
 - Any property deeds
 - Social Security numbers
 - Insurance policies
 - Financial Records (recent tax returns, bank statements, retirement accounts, credit card numbers and records of any stock and/or bonds.)

It is best to keep these documents in a waterproof container.
2. Video and photo inventory documenting valuable interior and exterior of your home.
3. Extra clothing (including undergarments)
4. Jacket, coat or sweater
5. Food, at least a three-day supply of non-perishable food
6. Pet food, extra water and supplies for your pet
7. Hygiene – toothbrush, toothpaste, deodorant, etc.
8. Medication and Medical Supplies:
 - Have ready what you need for at least a week.
 - Make a copy of your prescriptions, and dosages.
9. Additional specific personal items – if you use:
 - Eyeglasses
 - Hearing Aids (and batteries)
 - Oxygen
10. Have a list of the names and numbers of everyone in your personal support networks, as well as your medical providers.
11. Have some cash or travelers checks in your kits in case you need to purchase supplies.

Senior Preparedness Kit Checklist:

- Antibacterial Wipe Packet
- Bandages
- Batteries
- Cloth Tape
- Cotton Balls
- Emergency Blanket
- Flashlight
- ID Tag
- Information Checklist
- Instant Cloth Compress
- Maps
- Moist Towelettes
- Multi-purpose Tool
- Ointment Packets
- Paperwork (family/friends/doctors/pharmacy contact information) – as listed
- Poncho
- Roller Bandage (Gauze)
- Pair of Socks
- Toilet Paper Roll
- Twisters
- Useful Web Sites
- Water Bottle
- Whistle