Nutrition and Aging
Resource Center

The
"I am prepared for disasters and emergencies"
Checklist

How to Prepare Before a Disaster

- [ ] I am informed on the likely disasters that could happen in my community.
- [ ] I know the Community Response Plans for emergency alerts, evacuation, shelter, and more.
- [ ] I am signed up for alerts and warnings to receive information during an emergency.
- [ ] I am trained in first aid, CPR, and other lifesaving actions.
- [ ] I understand my medical, physical and cognitive needs for a preparedness kit in the case of an emergency or disaster.
- [ ] I have thought about how I should respond in the case of an emergency or disaster.
- [ ] I have talked with family, friends, neighbors, etc. about help I may need in the case of an emergency or disaster.
- [ ] I have met with family, friends, neighbors, etc. about my plan and determined how I will communicate with them in case of an emergency or disaster.

Questions to Ask When Preparing for a Disaster

- [ ] Planning to stay home or go?
- [ ] Do you need help to evacuate?
- [ ] What are your power needs?
- [ ] What are your fire escape routes?
- [ ] Do you have property or renter's insurance?
- [ ] Do you have an up-to-date emergency contact list?
- [ ] Do you have all basic emergency supplies?
- [ ] Do you have enough of your daily medications and assistive items such as CPAP machine, walker, oxygen, etc.?
- [ ] Do you have extra batteries?
- [ ] Where are your important documents?
- [ ] Is your medical information list up-to-date?

Additional Resources

Emergency Preparedness for Older Adults

Disaster and Emergency Preparedness for Older Adults:
A Practical Guide to Help Plan, Respond and Recover

Older Adults Preparedness Checklist