

AFTER **NORMAL**

OLDER ADULTS AND ACCESSIBLE PREPAREDNESS PACK

A large-print guide with fill-in worksheets for adults 65 and over, people with disabilities, and the family and caregivers who support them

**A CALM, LARGE-PRINT PLAN FOR THE DAYS WHEN POWER, PHARMACIES
OR HELPERS ARE OUT OF REACH.**

For: Adults aged 65 and over, people with disabilities (mobility, vision, hearing, memory and thinking, powered medical equipment, daily medication), and the family and caregivers who support them.



KEEP THIS PAGE**THE ONE-PAGE SUMMARY: YOUR MOST IMPORTANT ACTIONS, IN ORDER**

- 1 Tick your Situation Snapshot (W1). It tells you which sections to read first.
- 2 Ask three people, one at a time, to be your helpers. Fill in a Helper Agreement (W2) with each one who says yes.
- 3 Set up a daily check-in (W4) so someone notices if you do not answer.
- 4 Fill in your emergency information sheet (W5). Keep copies in four places, one outside your home.
- 5 Photograph your medicine labels and fill in the Medicine List (W6). Ask your pharmacist about early refills. Aim for 30 days of essential medicines.
- 6 If you use powered equipment, find out how many hours the battery lasts (W7). Tell your power company.
- 7 Turn on phone alerts. Add a second way to get warnings, such as a weather radio or a helper who calls you.
- 8 Fill in the Stay-or-Go card (W10). If any box is ticked, plan to go early and line up your ride (W12).
- 9 Pack a 3-day go-kit (W11). Build toward a 2-week kit at home (W13).
- 10 Stay safe at home: heat at 68 F (20 C) or more in cold weather, check-ins twice a day in heat, working carbon monoxide alarms on every level, and generators only outdoors, 20 feet (about 6 meters) from windows and doors.
- 11 After a disaster, never pay the full amount up front, and never pay by gift card, wire or crypto. Pay the final part only when the work is done. Talk to your scam buddy first.
- 12 Caring for someone with dementia? Fill in W16 and W17. Review everything every six months.

PART 1**1. START HERE: WHY PLANNING LOOKS DIFFERENT, AND WHAT THE EXPERTS SAY**

This section tells you where to begin, gives you seven small jobs for your first week, and explains in plain words why the same emergency can be harder with age or disability. The fix is planning and support, not blame.

AGE IS NOT THE PROBLEM. GAPS IN SUPPORT ARE.

You already know how to run your life. This guide helps you plan for the days when the things around you stop working: power, roads, pharmacies, helpers.

Age alone is not what makes a disaster harder. The American Red Cross and the American Academy of Nursing (2020) link poor outcomes to sensory, thinking and mobility limits, isolation, limited money and weak policies. Those are gaps in support. They are not a fault in you. Planning and a good network close those gaps.

Planning is also not one size. A person who uses oxygen, a person who is deaf and a person who lives alone need different things. So plan for the person you actually are. The map below shows you where to start.

FREE SAMPLE

THAT WAS A TASTE

You have just read the opening of **Older Adults and Accessible Preparedness Pack**. The full guide has 10 parts, including:

- ☐ 1. Start Here: Why Planning Looks Different, and What the Experts Say
- ☐ 2. Your Helper Network and Check-In Routines
- ☐ 3. Medical Information, Medicines and the One-Page Sheet
- ☐ 4. Powered Equipment Plans and Safe Backup Power
- ☐ 5. Hearing, Vision, Mobility and Thinking Needs: Alerts, Cards and Spare Aids
- ☐ 6. Leaving Home With Limits: When to Go, Who Helps, Where to Go
- ☐ 7. Staying in Place Safely: Heat, Cold, Falls, Fire and the Two-Week Kit
- ☐ 8. Hospital and Shelter Stays: What to Bring, What to Say
- ☐ 9. Caring for Someone With Dementia in an Emergency
- ☐ 10. Money, Documents and Scams After a Disaster

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