

6 Tips on How Older Adults Can Prepare for a Disaster

Older adults can be **especially vulnerable** during a natural disaster such as severe weather, earthquakes, fires, and floods. It is **important to plan ahead** and be ready for an emergency situation before it hits.

Use these tips to get prepared:

Gather supplies such as food, water, clothing, medications, batteries, and chargers to assemble a disaster kit.



Make and keep a list of emergency contacts. Save the numbers in your cell phone too.

Be prepared to evacuate your home, if needed.

Give someone you trust a house key and a list of emergency phone numbers.





Know how to get to the nearest emergency shelter, if necessary.

To find an open emergency shelter, call **1-800-RED-CROSS** or text **SHELTER** and a **Zip Code** to **43362 (4FEMA)**.

Plan for alternative transportation options if you do not drive or it is too dangerous.



Keep neighbors, friends, and family informed of your whereabouts.

Visit <https://www.nia.nih.gov/health/disaster-preparedness-alzheimers-caregivers> for more information on disaster preparedness.

