Emergency Preparedness Checklist for Seniors Living Alone

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Communication & Emergency Contacts

- ◯ Maintain an updated list of emergency contacts, including family, neighbors, doctors, and emergency services.
- ◯ Use a medical alert system or wearable emergency button.
- ◯ Have a mobile phone with emergency speed dials set up.
- ◯ Establish a check-in routine with a family member or neighbor.

Medical Preparedness

- ◯ Keep a well-organized list of medications, dosages, and allergies.
- ◯ Store a medical history document in an easily accessible place.
- ◯ Maintain at least a week's supply of necessary medications.
- ◯ Use a pill organizer with reminders.

Home Safety Measures

- ◯ Install smoke detectors and carbon monoxide detectors with loud alarms.
- ◯ Ensure fire extinguishers are within reach and that you know how to use them.
- ◯ Remove trip hazards by securing rugs, clearing walkways, and using non-slip mats.
- ◯ Place nightlights in hallways and bathrooms.
- ◯ Install grab bars in the bathroom and sturdy handrails for stairs.

Emergency Kit

- ◯ Store a water supply (at least one gallon per day per person, for three days).
- ◯ Keep non-perishable food items on hand.
- ◯ Have flashlights, batteries, and a battery-powered radio available.
- ◯ Prepare extra eyeglasses, hearing aids, and mobility aids if needed.
- ◯ Secure important documents (insurance, ID, emergency contacts) in a waterproof bag.

Power Outage & Extreme Weather Preparedness

- ◯ Use a battery-operated or solar charger for phones.
- ◯ Keep warm blankets, hand warmers, or cooling packs for extreme temperatures.
- ◯ If relying on medical devices that need power, have a backup power source or generator.

Transportation & Evacuation Plan

- ◯ Identify accessible and reliable transportation options in case of evacuation.
- ◯ Know the location of the nearest emergency shelter.
- ◯ Arrange for assistance with evacuation if mobility is a concern.

Community & Support System

- ◯ Get involved in local senior support programs.
- ◯ Share emergency plans with neighbors and friends.
- ◯ Have a "buddy system" where someone regularly checks in.

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