



EMERGENCY PREPAREDNESS CHECKLIST

Simple steps to help prepare for emergencies at home and in the community.

Emergency Contacts

- Emergency phone numbers are easy to access
- Family, caregivers, and support contacts are updated
- Important medical provider information is available

Medical & Health Needs

- Medication lists are current
- Extra medications or medical supplies are available if possible
- Important medical documents are easy to locate
- Mobility devices and medical equipment are functioning properly

Home Safety

- Smoke and carbon monoxide detectors are working
- Flashlights and batteries are available
- Emergency exits are clear and accessible
- A basic emergency kit is available

Power Outage & Weather Preparedness

- Phones and important devices are charged
- Backup plans are discussed with caregivers or supports
- Food and water are available for emergencies
- Weather alerts are monitored when appropriate

Community & Transportation Planning

- Transportation options for emergencies are reviewed
- Important addresses and directions are accessible
- Community supports or neighbors are identified if assistance is needed

Notes
