

# **MEMA'S DISASTER PREPAREDNESS GUIDE FOR OLDER ADULTS**





**DON'T WAIT!  
PREPARE TODAY!**

**GET PREPARED  
IN THREE  
SIMPLE STEPS!**

**STEP 1:  
ASSESS YOUR  
NEEDS**

**STEP 2:  
MAKE A PLAN**

**STEP 3:  
ENGAGE  
YOUR  
SUPPORT  
NETWORK**



# ASSESS YOUR NEEDS

To begin your preparedness journey, it's critical to understand the risks – both major and minor – that you may face. Although it may appear overwhelming, there are several ways to educate yourself on the most frequent disasters in your area. Recognizing potential hazards can help you evaluate your requirements and get you started on the path to preparedness.

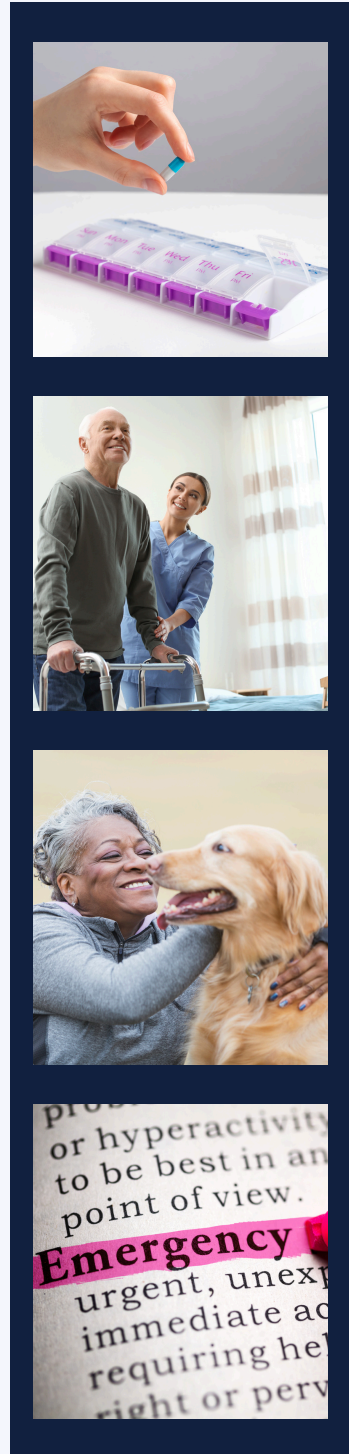
## **KNOW YOUR RISKS AND GET INFORMED**

- Get informed about the types of disasters that could happen in your area.
  - Reach out to friends and family who have lived in the area about past disasters and their impact.
  - Read local newspapers and community message boards to learn about your area.
- Sign up for alerts and warnings to stay informed during an emergency. This will help you receive critical information when you need it most.



## WHEN PREPARING FOR AN EMERGENCY, IT'S IMPORTANT TO CONSIDER THE FOLLOWING

- Do you have any medical conditions or dietary requirements that require special attention or medication?
- Are there any mobility challenges or disabilities that need to be taken into account?
- How will you ensure the safety and well-being of your pet or service animal?
- Have you established communication strategies with neighbors and local emergency services?



## **ADDITIONAL CONSIDERATIONS:**

- Will you need assistance in transporting your emergency supplies?
- Will you need help putting together your emergency plan and preparedness kit?
- Will you require translation services?
- Have you completed your will?
- Consider how your day-to-day routine could be affected during an emergency. What is the worst that could happen, and do you have a plan to cope or adjust?

### **Older Adults with Disabilities**

- What specific accommodations or assistive devices do I need during an emergency?
- Have I identified an accessible evacuation route and shelter?
- Are my caregivers aware of my emergency plans and needs?
- What assistive aids for routine or daily living will I need if I am displaced longer than expected?

## **ADDITIONAL CONSIDERATIONS:**

### **Older Adults with Limited Resources:**

- What resources do I already have access to that I could use in an emergency or if I need to evacuate?
- Have I explored community resources that can assist me during emergencies?
- Do I know what affordable transportation options exist if needed?
- How do I currently address my basic needs (food, water, shelter, etc.) and how will this change during an emergency?

### **Older Adults Living in Rural Areas:**

- What community resources are available to me that I can leverage before an emergency?
- What is my communications plan if I lose access to a cellphone or internet reception?
- Do I have a reliable means of transportation if evacuation becomes necessary?
- Do I have enough supplies at home in case I cannot access services for a while?
- Where do I go now for support or assistance and are they able to support me during an emergency?

# MAKE A PLAN

Once you've assessed your needs, it's time to create a plan and put together an emergency kit. Review your plan regularly and share it with your neighbors, friends, family, and caregivers.

## CREATING YOUR PLAN

1. In case of an emergency, it's best to have a support network in place to assist you. This includes family, friends, caregivers, and anyone else who can lend a hand. Make an emergency plan and rehearse it with your network.
2. Be sure that at least one person has a spare key to your home and knows where you keep your emergency supplies. They should also be familiar with any lifesaving equipment or medication you require.
3. If you receive regular treatments at a clinic or hospital, find out their emergency plans and identify backup service providers.
4. And don't forget about your pets or service animals! Not all shelters accept pets, so consider asking loved ones or friends outside of your area for help with your animals.

## **STOCK YOUR EMERGENCY KIT**

Water (one gallon per person per day for 3 days, for drinking and sanitation)	Personal documents such as ID (ensure they are up to date)
Food (at least a three-day supply of non-perishable food)	Dust mask (to help filter contaminated air)
Family photos, family mementos, and other keepsakes if you need to evacuate	Plastic sheeting and duct tape (to shelter in place)
Flashlight	Pet food and supplies
First Aid Kit	Manual can opener
Extra Batteries	Local maps
Whistle (to signal for help)	Cell phone with chargers
Copies of Medicare, Medicaid, and insurance policies	Medicine and medical supplies
Copies of trust or will	Wrench or pliers (to turn off utilities)
Copies of homeowner's or rental insurance and car insurance	A complete list of medications and your doctors phone numbers



# PREPAREDNESS KIT CHECKLISTS

## Older Adults with Disabilities

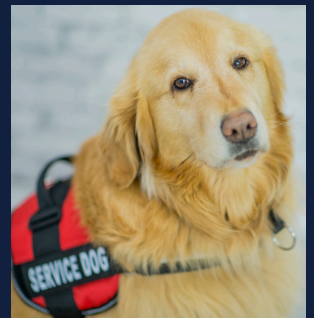
- ✔ Include assistive devices (hearing aids, mobility aids) and spare batteries.
- ✔ Keep a list of your support network and their contact information.
- ✔ Include food and supplies for service animals.
- ✔ \_\_\_\_\_
- ✔ \_\_\_\_\_

## Older Adults with Limited Resources

- ✔ Look for discounted or free resources for building your emergency kit.
- ✔ Explore community resources that offer assistance during emergencies.
- ✔ Organize key financial and insurance documents in a water proof container that is easily accessible and portable.
- ✔ \_\_\_\_\_
- ✔ \_\_\_\_\_

## Older Adults in Rural Areas

- ✔ Stock up on essential supplies that might be difficult to obtain during emergencies.
- ✔ Create a network of neighbors who can help during crises.
- ✔ Have a backup power source and reliable means of communication.
- ✔ \_\_\_\_\_
- ✔ \_\_\_\_\_



# ENGAGE YOUR SUPPORT NETWORK

After assessing your needs, creating a plan, and assembling your emergency kit, it's important to involve your support network. This includes family, friends, caregivers, neighbors, and others who can provide assistance in an emergency. Engage them in your preparedness planning to ensure you have a strong support system.



## **SUPPORT NETWORK CHECKLIST**

- ✔ I have created a support network of family, friends, caregivers, fellow congregants at my place of worship, and others who can assist me during an emergency.
- ✔ I have shared and practiced my emergency plan with my support network.
- ✔ My support network is aware of any specific needs I have.
- ✔ Someone in my support network has an extra key to my home, knows where I keep my emergency supplies, and knows how to use lifesaving equipment and administer medicine.
- ✔ I know my clinic/hospital's emergency plans and have identified backup service providers.
- ✔ My support network and I are informed about local emergency alerts and updates.
- ✔ I have or will try to participate in a community preparedness event or initiative.

## FREQUENTLY ASKED QUESTIONS

# How to Create a Communication Plan?



1. Start by having a conversation with your family and support network before an emergency occurs. This will ensure everyone is on the same page and knows what to do in case of a disaster.
2. Consider designating a family member, caregiver, or neighbor to check on you by phone or in person during a disaster.
3. Keep important information, such as family contacts, medical insurance, and veterinary information in your wallet.
4. Post emergency contact numbers near the phones in your home for easy access.
5. If you are able to travel or evacuate, make sure to identify a meeting place with your support network in case you become separated.



## What to Do if Evacuation is Not Possible?

- Find a secure spot in your home to shelter in place with your loved ones and pets. The spot you choose will depend on the type of disaster.
- Notify your support network outside of your household if possible.
- Stay alert for updates from local officials and emergency contacts by having a radio, television, or phone on hand.



## How do I stay informed without a smartphone?

- Tune in to local radio and television stations that participate in the Emergency Alert System to receive emergency messages from local authorities.
- Join local community groups, like Community Emergency Response Teams (CERTS), neighborhood watches, or houses of worship if possible.
- The National Weather Service broadcasts weather and emergency warnings that are specific to your community. You can purchase a special receiver or weather radio to access these alerts.
- If you live in an assisted living community, talk to your community management or resident council to learn how you can prepare and stay informed during a disaster.



# STAY CONNECTED DURING EMERGENCIES

During a power outage, traditional landline services that run over copper networks generally continue to operate. However fiber networks will not. Keep a traditional corded phone for outages. Without power, a cordless phone will not work.

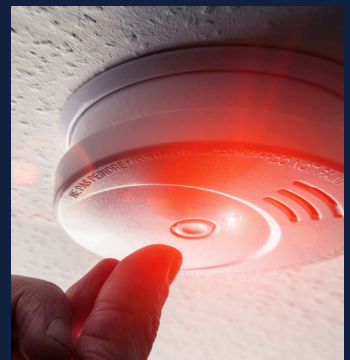
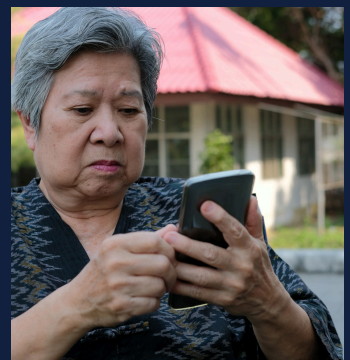
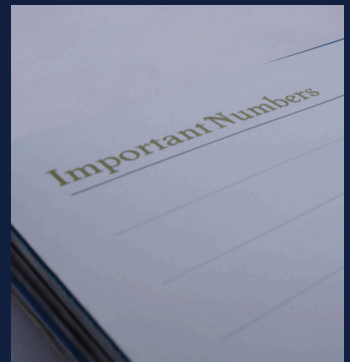
Keep a hard copy of your important contacts and phone numbers. If the event your phone dies in an outage you will need to be able to find those numbers for emergencies and connection.

Purchase a backup battery or portable charger for extended service in the event of a power outage.

During emergencies you can text 911 if voice calls aren't available. Use text to communicate when you can instead of voice calls to keep network congestion down.

Each year do a safety check of your modem, alarms, and smoke detectors. During emergencies, WIFI can be used to connect to the internet based calls.

Most payphones connect to traditional landline networks and will operate in a power outage. Consider keeping prepaid phone cards, especially if you don't own a wireless phone, to make sure you can make calls over a payphone if necessary.



## **RESOURCES**

### **Other Information Sources**

- Contact your local emergency management office for additional information.
- Local community centers, senior centers, or assisted living facilities may be able to provide you with support and information.
- Local television and radio stations broadcast information before, during, and after disasters.

## **BEWARE OF SCAMS**

### **Only trust reliable information sources**

- When in doubt, call and confirm information from a reliable source.
- Always ask for and wait until you receive written material about any offer or charity.
- Obtain a salesperson's name, business identity, telephone number, street address, mailing address, and business license number before you transact business.
- Do not allow yourself to be pressured into making purchases, signing contracts, or committing funds. These decisions are yours and yours alone.

# DOCUMENT CHECKLIST

## Identification

- Drivers License
- State ID
- Passport
- Green Card
- Naturalization Papers
- Visas
- Birth Certificates

## Housing

- Photos of interior/exterior
- Proof of Address
- Relevant Insurance
- Mortgage Paperwork
- Rental Agreements
- Property Deeds

## Financial

- Proof of Benefits
- Income Verification (ex. paystub)
- Tax Information
- Bank Account Numbers
- Outstanding Bills

## Personal

- Custody documents
- Protective orders
- Divorce decrees
- Power of attorney
- Adoption paperwork
- Wills

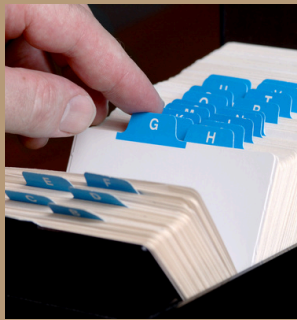
## Medical

- Prescription Information
- List of Allergies
- List of Immunizations
- Medicaid/Medicare Cards
- Private Insurance Cards
- Emergency Contact Info
- Advanced Directives



# IMPORTANT NUMBERS

It's crucial to have important phone numbers readily available in case of an emergency. You can save them here or in your phone's contact list. If you don't have these numbers, you can look them up on your city or town's website, in a local phone book, search the internet, or ask a neighbor. Remember, if you are in a life-threatening emergency, dial 911 immediately.



## **AARP**

866-554-5382

[www.aarp.org](http://www.aarp.org)

## **Alzheimer's Association**

800-272-3900

[www.alz.org](http://www.alz.org)

## **American Red Cross**

601-353-5442

[www.redcross.org](http://www.redcross.org)



**IMPORTANT  
NUMBERS**

**Federal Emergency Management Agency  
(FEMA)**

800-621-3362

[www.fema.gov](http://www.fema.gov)

**Suicide and Crisis Lifeline**

Text or Call 988

[988lifeline.org](http://988lifeline.org)

**The Mississippi Center for Legal Services**

1-800-498-1804

[mscenterforlegalservices.org](http://mscenterforlegalservices.org)

**Mississippi Department of Human Services**

(SNAP) Information

(601) 359-4500

[www.mdhs.ms.gov](http://www.mdhs.ms.gov)

**Mississippi Division of Medicaid**

800-421-2408

[medicaid.ms.gov](http://medicaid.ms.gov)

**Mississippi Emergency Management Agency  
(MEMA)**

601-933-6362

[www.msema.org](http://www.msema.org)





**IMPORTANT  
NUMBERS**

**Mississippi Department of Human Services  
Customer Service**

601-359-4500  
mdhs.ms.gov

**Supplemental Nutrition Assistance Program  
(SNAP)**

800-948-3050

**Elderly Simplified Application Project  
(ESAP)/Mississippi Combined Application  
Project (MSCAP)**

800-948-4060

**Adult Protective Services (APS)/Vulnerable  
Person Abuse Hotline**

844-437-6282

**Long-Term Care Ombudsman Mississippi  
(LTCOM)**

888-844-0041

**MAC Center/ State Health Insurance  
Assistance Program (SHIP)**

844-822-4MAC (4622)

## **IMPORTANT NUMBERS**

### **Area Agency on Aging (AAA) Central Mississippi Planning and Development District: 601-981-1516**

- East Central PDD/AAA: 601-683-2007
- Golden Triangle PDD/AAA: 662-324-7860
- North Central PDD/AAA: 662-283-2675
- North Delta PDD/AAA: 662-561-4100
- Northeast Mississippi PDD/AAA: 662-728-6248
- South Delta PDD/AAA: 622-378-3831
- Southern Mississippi PDD/AAA: 228-868-2311
- Southwest Mississippi PDD/AAA: 601-446-6044
- Three Rivers PDD/AAA: 662-489-2415

### **Division of Aging and Adult Services 601-359-4915**

#### **Food Banks**

- Mid-South Food Bank: 901-527-0841
- Mississippi Food Network: 601-353-7286
- Catholic Charities of South Mississippi:  
228-701-0555

# EMERGENCY CONTACT INFORMATION

Emergency contacts are individuals whom you want or need to contact during a crisis. It's crucial to inform your emergency contacts that they are listed before a crisis occurs. This will help initiate a practical and purposeful conversation about preparedness.

## Emergency Contact #1

Name  
.....  
Phone  
.....  
Relationship  
.....  
Address  
.....  
.....

## Emergency Contact #2

Name  
.....  
Phone  
.....  
Relationship  
.....  
Address  
.....  
.....

## Emergency Contact #3

Name  
.....  
Phone  
.....  
Relationship  
.....  
Address  
.....  
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## Emergency Contact #4

Name  
.....  
Phone  
.....  
Relationship  
.....  
Address  
.....  
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## Emergency Contact #5

Name  
.....  
Phone  
.....  
Relationship  
.....  
Address  
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## Emergency Contact #6

Name  
.....  
Phone  
.....  
Relationship  
.....  
Address  
.....  
.....

# IMPORTANT CONTACTS

It's crucial to have important phone numbers readily available in case of an emergency.

## Police

Name  
.....  
Phone  
.....  
Email  
.....  
Address  
.....  
.....

## Fire

Name  
.....  
Phone  
.....  
Email  
.....  
Address  
.....  
.....

## Ambulance Agency

Name  
.....  
Phone  
.....  
Email  
.....  
Address  
.....  
.....

## Primary Doctor

Name  
.....  
Phone  
.....  
Email  
.....  
Address  
.....  
.....

## Specialists

Name  
.....  
Phone  
.....  
Email  
.....  
Address  
.....  
.....

## Specialists

Name  
.....  
Phone  
.....  
Email  
.....  
Address  
.....  
.....

## Pharmacist

Name  
.....  
Phone  
.....  
Email  
.....  
Address  
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## County EMA

Name  
.....  
Phone  
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Email  
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Address  
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# HOW TO USE THE MEMA APP

1. Go to the App Store in your phone.

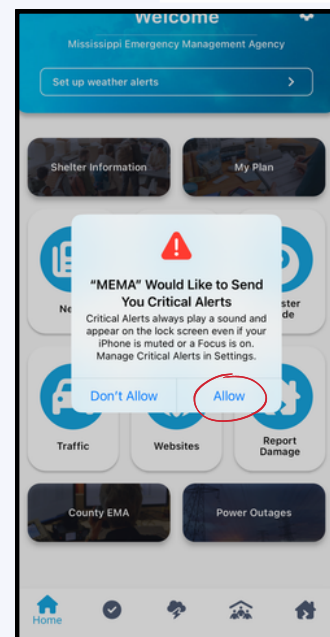


2. Type in “Mississippi Emergency” and look for the MEMA logo. Click “GET” to download the MEMA App.

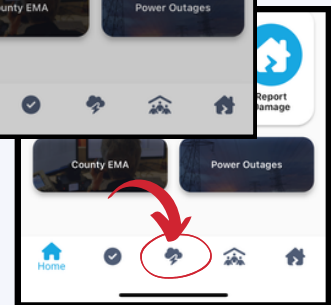


3. Once the app is downloaded, it's time to set up custom weather alerts.

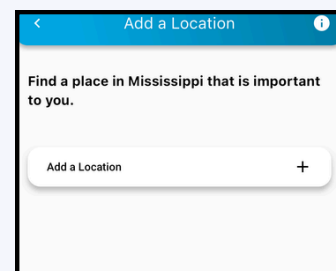
4. Click “Allow” to receive notifications. Click “Allow” again to receive “Critical Alerts.” These are alerts for tornado warnings.



5. Click the center button at the bottom of your screen to set up weather alerts.



6. Click the “Add a Location” button to set up your customized weather alerts.



7. Search the address, town or zip code that you want to monitor.

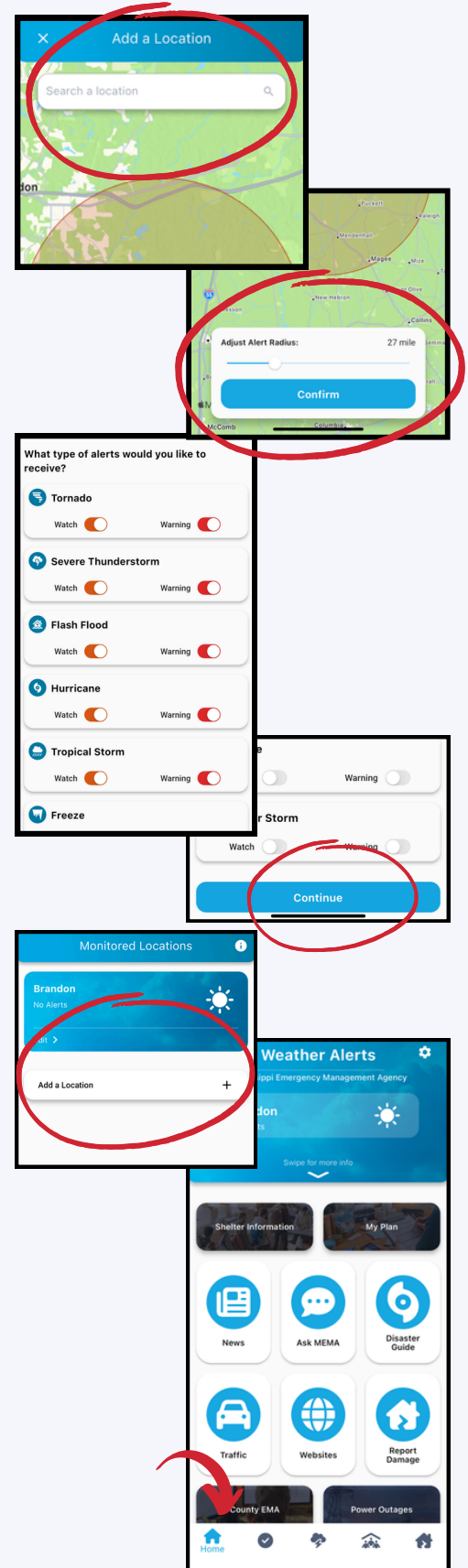
8. Set your radius. You can extend it up to 100 miles to monitor around your chosen location. Once finished, click "Confirm."

9. Next, select the type of alerts and notifications you'd like to receive.

10. MEMA recommends keeping "Tornado Warning" selected for life safety. Once you've made your selections, click "Continue."

11. Repeat steps 6-11 to add another location to track weather alerts.

12. Once you've selected your locations click the home button and explore the other features of the app.







HALEY R. BARBOUR BUILDING  
MISSISSIPPI EMERGENCY MANAGEMENT AGENCY  
CENTER

# MISSISSIPPI EMERGENCY MANAGEMENT AGENCY

[www.msema.org](http://www.msema.org)