

# EMERGENCY SUPPLIES

If you need to leave your home and need any of the below, make sure to take them with you

- ☐ Wheelchair, scooter, walker, crutches, or walking cane
- ☐ White cane
- ☐ Service animal
- ☐ Hearing aids
- ☐ Glasses or contact lenses
- ☐ Other essential medical equipment (such as CPAP machine, communications device, oxygen tank)
- ☐ Charger/plug for medical equipment
- ☐ Important medications
- ☐ List of all medications with details on when you take them and copies of prescriptions
- ☐ Written instructions on how to operate medical devices (such as oxygen tanks) or manage medical items (such as catheters or ostomies)
- ☐ List of any allergies or dietary requirements
- ☐ Ice packs or thermal bags to store sensitive medication

**If able, it may be helpful to also bring some of the following:**

- ☐ Extra cane or walker
- ☐ Extra batteries for medical equipment (including hearing aid batteries)
- ☐ Extra glasses or contact lenses (with case and lens solution, as required)
- ☐ Extra medications
- ☐ Extra medical supplies (such as extra syringes, container for storing used syringes, extra blood glucose testing supplies, or incontinence products)
- ☐ Food that fits into specific dietary restrictions
- ☐ Pencil and notebook to assist with communication or memory
- ☐ Tire-patch kit for wheelchair tires
- ☐ Heavy gloves for protecting hands when using a wheelchair



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# EMERGENCY PREPAREDNESS FOR SENIORS, ELDER, AND PERSONS WITH DISABILITIES



If you or someone in your family has a disability or is older, you may need to consider additional preparedness actions. The stress of an emergency situation may mean that additional help is needed more than on a regular day.

Surroundings may change, ability to communicate might be restricted, a service animal might be unable to perform their tasks, or overall health might be impacted by the emergency, stress, or confusion.

## PREPARE AND PRACTICE

**With your doctor:** If you take medications that are specialized or restricted, or have medications which are regularly administered by a health professional, talk to your doctor about how you should prepare for an emergency.

**With your support network:** Talk to your family, friends, and trusted neighbours about ways to support each other. Exchange spare keys and talk about your emergency plan, health conditions, medications, and how to operate any specialized medical equipment you may use (like a scooter or a lift). An ideal support network includes at least three (3) people who can check-in on you immediately following an emergency. Having multiple trusted people in your support network is helpful in case someone is out-of-town.

**Advocating for yourself:** Practice explaining to people what help you might need. You may have to explain this to someone quickly in a stressful situation. Some things to practice explaining include: the safest way to help move you or move your medical equipment during an emergency, where your medical equipment is kept in your home, what medications you take, what allergies you may have, and the best way to communicate with you. You can also write down what assistance you need ahead of time and keep it in your wallet. In an emergency, show it to the person helping you or read it to them.

**At home:** Label your emergency supplies with large-print labels or fluorescent tape so they are easy to find. Also label your utility shut-offs, with instructions if necessary.

## POWER OUTAGES

Consider whether you will need a backup power source to help run medical equipment or to keep medication at the right temperature. Can you do this in your own home (for example, by installing an uninterruptible power supply (UPS) device or by using a cooler)? Talk to your support network about making arrangements to go to a neighbour or loved one's home in the event of a power outage. You can also make arrangements for someone to check-in on you regularly.

## LEAVING YOUR HOME

If there is an evacuation and authorities direct you to leave your home, you may need to stay with friends or family in a different neighbourhood, or you may need to go to a reception centre. Service animals are typically accepted at reception centres but other pets may not be allowed to stay.

Make sure your emergency contact list includes friends, family, or neighbours who can help you leave your home, make your way to a safe location, and care for any pets.