

SENIORS & THOSE WITH ACCESS AND FUNCTIONAL NEEDS (AFN)

~ **BUILD A KIT** specific to medical needs

- **Basic supplies**

- The 6 P's

- PHONE with charger, phone #s
- PRESCRIPTIONS, nonprescription medications, vitamins, eyeglasses, hearing aids
- PERSONAL COMPUTERS (hard drives and disks) and PERSONAL TOILETRIES
- PLASTIC, credit/ATM cards, cash, maps of the area, other documentation
- PHOTOS, other irreplaceable memorabilia
- PERSONS/PETS - don't forget
- Water and food for 2 days; manual can opener
- flashlight/batteries/crank radio/whistle
- first aid kit, emergency blanket
- comfort items (deck of cards, paperback book)

- **Small equipment**

- Hearing aids, batteries, TTY equipment
- Communication equipment for the blind (mark emergency supplies with Braille or large print)
- Glucose monitor

- **Other considerations**

- Change of clothes if incontinent
- Medications - including medication list, dosages, allergies, copies of prescriptions
- Medical supplies - first aid kit, eyeglasses
- Emergency contact list
- Personal protective equipment (PPE) like masks, gloves

- **Special equipment for your medical needs**
 - Is specific to the individual
 - If small enough, include in go-kit
 - Be sure to have ready in case you are unable to get services for a few days
 - Make sure location you are evacuating to is prepared for your special needs
 - General planning tips in regard to medical equipment
 - Read instructions and determine what are backup power options
 - Keep copies of instructions in vinyl envelope (including serial and model #)
 - Create list of alternate power providers
 - Label medical equipment with name, address, phone #; attach clear laminated instruction cards to medical equipment
 - Regularly check backup/alternate power equipment to make sure it will work in an emergency
- **Emergency power backup plan**
 - **Power operated equipment** (breathing machines, power wheelchairs/ scooters, oxygen/suction/home dialysis equipment, cell phone/smart tablet with specialized applications, communication devices, hearing aids, refrigerators for medications/food)
 - **Battery tips**
 - Check with vendor for alternative ways to charge batteries, such as car batteries or inverter plugged into automobile's cigarette lighter
 - Batteries in storage require periodic charging
 - Keep enough chargers for the number of batteries
 - Know how long the batteries last on a single charge
 - Try to use medical equipment that relies on batteries that can be purchased in stores
 - If you use motorized wheelchair, have manual one available
 - Know how long batteries last if power goes out (respiratory therapists/ equipment technicians/vendors will inform you how long batteries last without interruption)
 - Battery safety
 - Safest option is to charge rechargeable batteries with the charger of the same brand
 - It is normal for a rechargeable battery charging to be warm to the touch
 - Know battery type; not all batteries can be recharged
 - Check batteries periodically for leakage
 - Use correct battery size the device calls for
 - Store batteries high and dry in nonconductive box away from heat; do not leave in extreme heat or cold (like a garage)
 - Store batteries away from children

- **Generators**
 - 2000-2500 watt gas (natural gas or propane)-powered portable generator can power refrigerator (only needs to run 15 min every hour)/ fan/lamps, but only one at a time
 - 1000 watt generator with surge protection will power most ventilators
 - Operate generators in open areas outside, away from house, for good circulation
 - Store fuel away from house
 - Contact utility company regarding critical restrictions and safety issues
- **Public Safety Power Shutoffs** - special support may be available for those with power needs for medical equipment from PG&E
 - sign up for PSPS alerts @ pge.com/mywildfirealerts
 - or call 1-866-743-6589
- **Power Restoration Phase**
 - Make sure settings have not changes
 - Modify emergency plans if any issues encountered (Yolo County Office of Emergency Services and Resources for Independent Living can provide advice)
 - Review and update emergency plan
- **Life Support Devices**
 - Prior to emergency, contact utility company to determine if they have “priority reconnection service” and if you qualify
 - If you are on registry, power may not be restored quickly
 - Let fire department know you are dependent on life-support devices
 - All ventilator users should have resuscitation bag handy
 - If you receive dialysis or other medical treatments, ask health care provider for their emergency plans and where you can get treatment if clinic is not open
- **Tips for oxygen users**
 - Check with doctor to see if you can use reduced flow (alternate dosage) to extend life of system in an emergency
 - Label equipment with reduced flow numbers/phone # of local supplier
 - Let fire department know you are oxygen dependent
 - Follow oxygen safety practices (avoid open flames; keep shut-off switch near to get to fast in an emergency)
- **Extreme heat events**
 - Listen to advice of local officials (TV, radio, YoloAlert, social media)
 - Symptoms of heat-related illness: exhaustion, heat stroke, dizziness, nausea or vomiting, cramps, elevated heart rate, general weakness)
 - Extreme heat preparedness: keep cool or go to nearest cooling center or a friend who has air conditioning or go to a lake/beach, eat light and keep hydrated, limit exercise, low income should apply for Home Energy Assistance Program (LIHEAP)

- **High-rise buildings** - if you use a wheelchair and are on the second floor or above
 - Develop evacuation plan with building manager
 - Have buddy system with backup assistants to get you down
 - Use red construction paper/flag/other method to alert first responders you need assistance getting out of the building
 - Ask that evacuation chair be kept on site
- **Communication Disability**
 - Wear medical alert tag/bracelet
 - Plan how you will communicate with others if your equipment is not working, such as laminated cards with phrases, pictures
 - Contact city or county government's emergency management office - they often keep lists of people with disabilities that need assistance in an emergency
- **Transportation for mobility issues**
 - Plan ahead for accessible transportation needed for evacuation or getting to a medical clinic
 - Identify local or private accessible transportation options
- ~ **Create a PERSONAL SUPPORT NETWORK**
 - Identify who should be part of your personal support network
 - family members
 - caregivers
 - neighbors or friends
 - coworkers
 - Communicate your emergency plan with your personal support network
 - Teach personal support network how to use medical equipment, assistive technology and backup systems
- ~ **Develop a PLAN if you:**
 - Need power backup
 - Need special transportation
 - Need communication equipment
 - Need a life support device
 - Live in a high rise building and have mobility issues
 - Are subjected to a heat wave