

# LIVING WELL FOR SENIORS

## ***Emergency Supplies***

- Flashlights with extra batteries
- Battery-powered or hand-crank radio
- Warm blankets, sleeping bags, and layered clothing
- Hand warmers and wool socks
- Non-perishable food (3–5 days' supply)
- Bottled water (at least 1 gallon per person per day)
- Manual can opener and utensils
- First-aid kit with bandages, antiseptics, and medications
- Cash in small bills (ATMs may be down)

## ***Medical Preparedness***

- 7-day supply of all essential medications
- Copy of prescriptions and a list of medical conditions
- Medical ID bracelet (if needed)
- Spare glasses, hearing aid batteries, or mobility aids
- Power backup plan for oxygen or medical devices

## ***Communication & Safety***

- Fully charged cell phone and portable chargers
- Emergency contact list with family and caregivers
- Medical alert system that works during outages
- Whistle or bell to signal for help if needed
- Pre-arranged check-in plan with a friend or neighbor

## ***Home Safety & Warmth***

- Seal windows and block drafts with towels or foam
- Keep living to one room to conserve heat
- Never use a gas oven for heat
- Avoid candles—use battery-powered lights instead
- Have sand, salt, or non-slip mats for icy entrances

## ***Evacuation Prep***

- Pack a go-bag with ID, insurance, clothes, and meds
- Know the nearest shelters and routes
- Have transportation arranged in advance if needed
- Keep copies of important documents in a waterproof bag

