

Eldercare Answers

September 2009



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It can be a struggle to live in one's home with aging related challenges, but the risks of living alone during a disaster are heightened for frail older adults or persons with disabilities.

September is National Emergency Preparedness Month and we want to highlight seven important items to consider as outlined by the American Red Cross. These will assist you in developing a personal support system for yourself or a frail elder during disasters/emergencies.

1. Prior to any impending emergency, make arrangements by having a support network to immediately check-in. If you are a client of Care Management with Eldercare Services, we can be your local contact.

2. Provide keys to a trusted person who could come in and check on you if phone contact is unavailable.

3. Show a neighbor, friend or professional where you keep

emergency supplies.

Remember, everyone should have at least 3 days supply of food and water, plus a week of Rx medications at all times. For a detailed list of supplies go to www.redcross.org.

4. Share copies of important emergency documents, evacuation plans and emergency health information cards with your support network.

5. Agree to and practice a communication system regarding how to contact each other in an emergency. Some people have a system of pulling the drapes or a shade to signal to a neighbor they are "ok".

6. Always notify your personal support network when you are going out of town so they don't worry in a disaster. Let them know when you will return.

7. A relationship that is mutual (such as a neighbor or trusted friend) is a win-win for both parties.

Some additional items to have are: 1) a portable phone and a landline phone. Remember portable phones will **not** work if

the electricity is out. 2) A lighted street number sign (lit by batteries). You don't want to delay emergency response because they can't find your home.

Another important aspect seen in many frail elders is sensory loss. Remember that some older adults have lost or have a diminished sense of smell, hearing or sight. If you are a first responder take these age related changes into consideration and be pro-active during a natural disaster.

A Professional Geriatric Care Manager is a good person to consult with when formulating emergency plans for seniors or individuals with disabilities. Please call us toll free at (866) 760-1808 to speak with a Care Manager.

Emergency Preparation List

1. Contact a Care Manager to prepare for your personal situation and concerns
2. Create an emergency network and plan
3. Go to www.redcross.org for a list of supplies to gather
4. Ensure you can be found in an emergency— address clearly posted, landline phone, notify contacts of travel plans, etc.

Help!

Need help? Read Care Manager tips and share stories on our new interactive Blog at www.EldercareAnswers.com



1808 Tice Valley Boulevard
Walnut Creek, CA 94595

PRESORTED
STANDARD
U.S. POSTAGE
PAID
WALNUT CREEK CA
PERMIT# 1505

ADDRESS SERVICE REQUESTED

Eldercare Services has offices in Marin, Oakland, San Francisco and Walnut Creek, CA. Visit us on the web at <http://www.EldercareAnswers.com> for more information.

Community Classes

Walnut Creek

Families Dealing with Dementia
Friday, September 18, 2009 from 9 AM to Noon

Dementia—Middle of the Road
Tuesday, October 13, 2009 from 6 PM to 8:30 PM

Caring for an Aging Family Member
Friday, November 13, 2009 from 9 AM to 3 PM

Hands on Caring
Friday, November 20, 2009 from 9:30 AM to Noon

Dementia—In the Thick of It
Friday, December 18, 2009 from 9 to 11:30 AM

Class Registration: Please call at least 3 days ahead

Support Groups

When concerns for aging family members are part of every day life, or when they interfere with work, your health or other relationships, you need to join a support group.

Caring for An Aging Family Member

2nd Thursday of every month from 7 to 8:30 PM
1808 Tice Valley Blvd., Walnut Creek, CA 94595

1st Tuesday of every month from 6 to 7:30 PM
605 A Cheney St., San Francisco, CA 94131

Cost for Support Groups and Classes: None

Support Group Registration: Not required

For more information regarding classes and support groups, please call (925) 937-2018, (415) 469-8300 or email us at info@EldercareAnswers.com