

PLAN AHEAD...

for Emergencies



Aging and Disability
Resource Center
of Waukesha County

Emergency Readiness
for Older Adults and Caregivers



WAUKESHA COUNTY

Keep these important
names and phone numbers handy

EMERGENCY - DIAL 911

Sheriff's Department: Non-Emergency 262-548-7117

Ambulance (EMS): 911

Fire Department: 911

Health Care Provider: _____

Clinic/Hospital: _____

Emergency Management Office: (262) 446-5025

211/First Call for Help or (262) 547-3388

Aging and Disability Resource Center

Of Waukesha County: (262) 548-7848; (800) 677-2372

Other Important Names and Phone Numbers

_____	_____
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This Handbook can help you and your family prepare for an emergency.

These are uncertain times. Many Americans feel anxious about disasters. While the odds may be low that your family could be affected, it makes sense for everyone to be prepared. Having a plan can help your family be ready for any possible emergency, such as floods, tornadoes, or other emergencies.

Start your preparations now. Getting ready does not mean you are living in fear—just that you are doing all you can do to take good care of your family.

Table of Contents

Being Prepared	4
Getting Started	5
Communication Plan	6
Emergency Kit	7
Home Safety.....	8
Evacuation/Shelter In Place	9
Special Situations:	
Tornadoes & Floods	10
Winter Storms	11
Gas & Petroleum	12
Pandemic Emergencies	13
Helping Children Cope	14
Older Adults' Needs.....	15
Medication Kit.....	16
Just for Caregivers	17
Disaster Preparedness for Persons with Dementia	18
Keeping Food Safe.....	20
For More Information	21

This emergency preparedness guidebook was reproduced with permission and enhanced with information pertinent to the older adult population by the Aging and Disability Resource Center (ADRC) of Waukesha County. (The original publication was prepared by the Marquette County Local Emergency Planning Committee (LEPC) - much appreciation is extended for sharing this important guide book!) Additional information was obtained from the Department of Homeland Security's website, "Preparing Makes Sense for Older Americans", the U.S. Department of Health and Human Services Administration on Aging, "Just in Case: Emergency Readiness for Older Adults and Caregivers", and the Alzheimer's Association, "Disaster Preparedness."

Waukesha County has contact with nearly 5,000 older adults annually and therefore plays a vital role in delivering assistance and resources to seniors before, during and after disasters or emergencies. Joint planning and communication between Emergency Management and the ADRC helps to facilitate disaster responses for the senior populations who may have special challenges.

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. We encourage all older adults and caregivers to assist Emergency Management by taking the time necessary to make a personal emergency plan, put together an emergency kit, and stay informed about situations that could affect our area.

Being Prepared Can Help Your Family Feel Ready for any possible emergency situation.



Families who have an emergency plan are better able to cope. The goal of emergency planning is for your family to stay safe if the unexpected happens.

Each family is different. This means each family's emergency plan will be different, too. You may need to consider the special needs of:

- Infants and young children
- Older people
- Family members with disabilities
- Pets

It is best to involve all family members in your planning. Start by having a family discussion about being prepared for an emergency.

Having a plan can help you be ready for emergencies:

Interruption of Essential Services:

Electricity, water, and sewer services may be interrupted by weather disasters or terrorism. Depending on your situation, it may be a few days before services can be restored. An Emergency Kit can help you manage this.

Home Evacuation:

Floods, fires, and hazardous materials incidents are some common causes of evacuations, but other events could also require evacuation.

Emergencies can also happen at work or at school.

It is important to learn emergency plans for these places too.

Evaluating Risks

In your plan, you need to prepare for risks specific to your area. To learn more about your area's specific risks, contact your local emergency management office or American Red Cross chapter. Here are some questions to keep in mind to help you get started:

What natural disasters are most likely to happen in this area?

Are there any hazardous materials produced, stored, or transported in this area?

How will we be warned about emergency situations?

What are some possible targets of terrorism?

Getting Started

When making your emergency plan, think about:



People:

You will need to consider each person your plan will cover:

- Be sure to consider age and special needs, such as diapers for a baby or medications for those who need them.
- Be aware of any special skills people have that could be helpful, such as being properly trained and certified to perform CPR.

Supplies:

Stocking food and water is essential. You will need other supplies also. Plan to have enough to last at least 3 days or more.

Pets:

Pets are not generally allowed in public shelters, so plan in advance where you can take your pet in case you have to evacuate. For example:

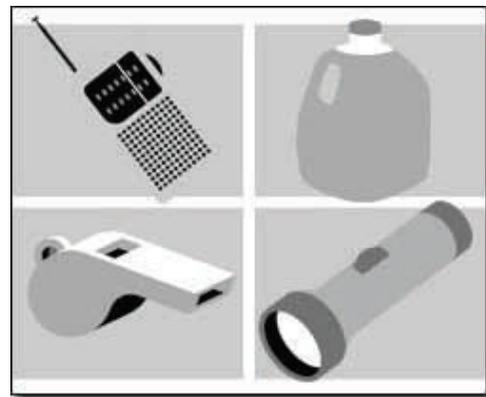
- Look into boarding facilities that will take pets in an emergency.
- Ask friends or relatives who live in a different community if they will shelter your pets.

Money:

If you have to evacuate, you may need fast access to cash. Some emergencies could put ATM cash machines out of order or cause banks to also be closed.

Family Documents:

It is important to decide which financial and medical records you would need to have handy in an emergency.



What about Gas Masks and Antibiotics?

Government agencies don't generally recommend gas masks. The odds of needing them are very low. Plus, using them can be dangerous if worn incorrectly or for too long.

Stockpiling antibiotics is also unnecessary. Never take antibiotics, or give them to someone else, unless a qualified health-care provider tells you to do so for a specific condition.

When it comes to emergency preparedness, follow advice only from reliable sources and use your best judgment.

Include a Communication Plan

If your family is separated during an emergency, a communication plan may help you contact each other



Part 1: Pick Two Meeting Places

Choose a place where everyone will meet if you all have to leave your home quickly. It should be near your home but a safe distance away. For example, choose a streetlight a few doors down or a mailbox on the corner.

Choose a place to go in case an emergency makes it impossible to get back to your home or neighborhood. This should be in your community, but outside your neighborhood. For example, it could be the home of a friend or relative in another part of town.

Part 2: Pick a Contact Person

Ask an out-of-town relative or friend to serve as your contact person for every family member to call or email. In an emergency, everyone should know this contact person right away.

Make sure everyone knows and carries the contact person's phone number and email address.

Be sure everyone carries coins, a cell phone, or a pre-paid phone card to use in an emergency.

<h3><u>Communication Plan</u></h3> <p>Our Two Meeting Places are:</p> <hr/> <hr/> <hr/> <hr/> <p>Our Out-of-Town Contact is:</p> <hr/> <hr/> <hr/> <hr/>

Make Safety a Way of Life

Review and Practice your Plan

By reviewing your plan and practicing emergency procedures regularly, everyone will be able to respond more safely and calmly if an emergency occurs.

Stay Informed and Alert

Having access to reliable information is one of the best ways to be ready for an emergency. The sooner you know what is happening, the quicker you can react appropriately. Stay alert to news and listen for community warning messages.



Put Together an Emergency Kit

with supplies for at least 3 days. You should be able to get to your kit quickly in an evacuation. Consider keeping extra supplies at home also, in the event you cannot leave for an extended period of time.

The kit should include:

Water:

Having enough water is a top priority. Store at least one gallon per person per day. If the weather is very warm, you may need more.

Food:

Stock foods that need no refrigeration or cooking and little or no water to prepare, such as:

- Ready to eat or canned meats, fruits, and vegetables.
- Canned milk and juices.
- Peanut butter, granola bars, crackers, and other high-energy foods.
- Formula or baby food if you have an infant.

Rotate stored food with your regular supply so your emergency supply stays fresh. Remember to stock pet food and additional water for any pets.

Tools and other supplies:

- A non-electric can opener
- Cups, plates, and utensils
- Flashlights and extra batteries
- Battery powered radio and extra batteries
- Matches in a waterproof container
- Fire extinguisher
- Plastic sheeting and duct tape
- Needles and thread
- Whistle
- Paper and pencils
- Blankets and sleeping bags
- Changes of clothes
- Emergency CASH



Hygiene Supplies:

- Soap and hand sanitizer
- Toilet paper and paper towels
- Garbage bags
- Toothpaste and toothbrushes
- Shampoo and deodorant
- Feminine supplies
- Diapers if you have an infant
- Comb and brush
- Disinfectant
- Household chlorine bleach

First Aid Supplies:

- Sterile bandages and gauze pads
- Adhesive tape
- Elastic bandages
- Non-prescription medications, such as aspirin and pain relievers
- Mercury free thermometer
- Scissors, tweezers, and safety pins
- Alcohol wipes
- Iodine or hydrogen peroxide
- Disposable gloves
- Cotton balls

Important Family Documents:

- Passports and licenses
- Social security cards
- Health insurance cards
- Immunization records
- Birth, death, or marriage certificates
- Record of bank accounts
- Credit cards
- Insurance policies
- Wills, contracts, and deeds
- Record of stocks, bonds, or retirement accounts

Make your home as safe as possible

Be sure to have:



Smoke Detectors:

- Always follow the manufacturer's instructions for proper installation, maintenance, and testing.
- Have at least one smoke detector for each level of your home (including the basement) and outside of each sleeping area.
- Test each smoke detector monthly.
- Replace all batteries on a regular basis. Change them when you adjust your clocks in spring and fall for daylight savings time.

Fire Extinguishers:

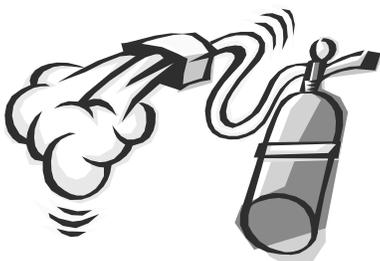
- Keep at least one multipurpose (ABC) fire extinguisher handy. Install it near an escape path in your home.

NOAA All Hazards (Weather) Radio:

- The quickest way to receive all weather and emergency alerts is an NOAA All Hazards (weather) Radio. Local officials will use this to immediately warn people of severe weather, emergency evacuations, etc.
- These radios are inexpensive and can be purchased at most local retailers. Buy one that has a backup battery in case of power outages and make sure to have extra batteries available.

Carbon Monoxide (CO) Detectors:

- Have at least one CO detector in your home. Install near sleeping areas.
- Know the difference in alarm sounds between your CO detector and smoke detectors.



Family Fire Escape Plan:

- Have two escape paths from each room in your home. Mark one as the primary exit and the other as the alternate.
- Make sure everyone in the home can easily unlock and open doors and windows used for escape. Doors and windows with security bars must have quick release devices for escape.
- Hold fire drills regularly to practice your plan.
- Designate one place outside of the home as the central meeting point for all family members.

In Case of Fire:

- Have everyone evacuate the home immediately.
- Call the fire department from a cell phone or a neighbor's.
- Do not re-enter the building for any reason.
- Respond to all alarms! Train your family members to treat all alarms seriously. Safety measures should be followed even if you know it's a drill.

Making an Evacuation Plan



Evacuation orders are issued by local governments

when an emergency occurs or may happen. If possible, the orders will be broadcast on radio, television, or NOAA All Hazards radios. Other warning systems may also be used. That is why it is very important to be alert for instructions. Follow the travel routes outlined by authorities.

Prepare a plan in case authorities cannot give you instructions right away. Plan where you will go, how you will get there, and what you will need to bring.

Choose several destinations in different directions. Get maps and figure out alternate routes.

If you do not have a car, figure out alternate means of transportation available to you. If you have a car, keep at least half a tank of gas in it at all times.

EVACUATE IMMEDIATELY IF TOLD TO DO SO!



What is “Shelter-In-Place”?

In some emergencies, you may be asked to shelter in place. If it is unsafe to go outside, you may be instructed to take shelter where you are. Depending on the incident, this may be for a brief time or for a longer period. You may need to go to a safe room (such as a below-ground room in the case of a tornado).

Talking with officials ahead of time and listening for instructions in an emergency can help you take the safest steps.

To shelter in place due to an incident involving contaminated air outside (such as hazardous materials):

- Bring children and pets to the safe room immediately.
- Seal the house by closing all windows and doors. Turn off fans, and heating and air conditioning systems that pull in outside air.
- Seal doors and windows with plastic sheeting and duct tape. Damp towels can be used to seal gaps under doorways.

In case of evacuation:

- If possible, tell your contact person where you are going.
- Take your emergency kit.
- Lock your home.

Special Situations: Tornadoes



A tornado is a rapidly spinning, fast moving, funnel-shaped cloud

Most tornadoes occur during late spring and summer, in the late afternoon. However, they can strike anywhere at anytime.

Is it a watch or a warning?

- A tornado watch means there is a possibility of a tornado in the area.
- A tornado warning means a tornado has been sighted. Seek shelter immediately!
- During a tornado warning, go immediately to the basement or the lowest floor. Stay in an inner room, away from windows and doors.
- Get beneath a sturdy piece of furniture, such as a desk or a table.

If you are caught outdoors or in your car:

- If there are no buildings nearby, lie flat in a ditch.
- Cover your head with your arms and hands.
- DO NOT try to out-drive a tornado.
- Get out of your car immediately. Look for a ditch to lie flat in.
- DO NOT go under a bridge or highway underpass.



Special Situations: Floods

Some areas flood more easily than others.

However, floods happen in every state in the U.S. Flash floods can occur without warning. They can happen anywhere that it rains. Know how to get to high ground fast.



Is it a watch or a warning?

- A flood watch means that flooding is a possibility during the next 12-36 hours. Keep listening for updated information.
- A flood warning means flooding is occurring or expected to happen soon. If you are told to evacuate, do so immediately.

Special Situations: Winter Storms



Winter can bring a variety of dangerous weather conditions. These include blizzards, ice storms, and bitter cold temperatures.

Is it a watch or warning?

- A winter storm watch means that severe winter weather is possible.
- A winter storm warning means severe winter weather is approaching.
- Make sure you have enough heating fuel. Winterize your home by insulating walls and installing storm windows and weather-strip doors.
- Wrap pipes in insulation or newspaper to keep them from freezing.



If your heat goes off during a winter storm:

- Call for help right away.
- Close off unused rooms to conserve heat.
- Keep hands and feet warm and prevent frostbite.
- Never burn charcoal indoors. This can cause carbon monoxide poisoning.
- Always have one person stay awake to make sure others are OK.

Winter Storm Safety Rules:

- Stay indoors. Go out only if necessary.
- Eat regularly so your body has energy for producing heat.
- If stuck in your car, stay there and wait for help. Attach a distress flag, such as a bright piece of cloth to the antenna so rescuers can find you.
- Do not run your car continuously and pack extra thermal blankets and clothing for use in an emergency in your car in the winter months.

Special Situations: Gas & Petroleum Emergencies



Petroleum Hazards:

Petroleum products are flammable and may be poisonous if inhaled. Petroleum products may have a gaseous odor and their vapors are heavier than air. They will tend to collect in low-lying areas.

Propane Hazards:

Propane is extremely flammable and explosive. Propane is heavier than air and will also collect in low-lying areas.



Natural Gas Hazards:

Natural gas is flammable and explosive. It is non-toxic, but it may displace air and cause dizziness or loss of consciousness. Natural gas is lighter than air and will rise from a leak source.

What to do if a leak is suspected?

- **DO** leave the area or building immediately by foot, in a direction away from the vapors or fumes.
- **DO** avoid anything that could cause vapors to ignite—**DO NOT** light a match, start an engine, or operate any electrical device. Avoid carpeted areas that could cause a static electric spark.
- **DO NOT** take time to open a window or turn off pilot lights or other equipment.
- **DO** call 911 immediately from a remote area.
- **DO NOT** drive into or near the area around the leak.
- **DO NOT** try to extinguish any fires. Call 911 and wait for fire department personnel.
- **DO** warn others to stay away from the area.
- **DO** open all windows and doors if your carbon monoxide detector goes off. Call for professional assistance.

Helpful Hint: Make sure you know where your shut-off valves are for gas, electricity, and water and that you have the necessary tools nearby.

Pandemic Influenza

What I need to know

What is a pandemic?

An influenza (flu) pandemic is a widespread outbreak of disease that occurs when a new flu virus appears. This would be a virus that people had not become sick from before an outbreak.

Pandemics are different from the flu strains that occur each winter.

Pandemic flu spreads easily from person to person and can cause serious illness because there's no protection from the new virus. A pandemic may come and go in waves, each lasting months at a time. Everyday life can be disrupted because so many people become ill at the same time. School and businesses may close.

Stay Healthy

Get your annual flu shot and ask your health care provider about getting a vaccination for pneumonia.

To strengthen your immunity, eat right, drink plenty of water, get enough rest, and exercise regularly.

Clean your hands regularly, whether it's washing them with water and soap or alcohol based hand sanitizer.



Be Prepared

Store a supply of water and food. During a pandemic, if you can't get to a store or if the stores are out of supplies, it will be important to have extra supplies on hand. This is also useful in other emergencies, such as power outages and disasters. (See section on Disaster Supply Kit in this booklet).

Have non-prescription drugs and other health supplies on hand, including pain relievers, stomach remedies, cough and cold medicines, fluids with electrolytes, and vitamins.

Talk with family members and loved ones about how they would be cared for if they became ill, or what would be needed to care for them in your home.

Volunteer with local groups to prepare and assist in emergency response. Get involved with your community as it works to prepare for an influenza pandemic.

Helping Children Cope

You can do a lot to help a child feel safe and more confident.



Thinking about disasters and other emergency situations is scary

Adults can recognize that taking precautions can help keep them safe, but children will most likely not have the information or experience to know what to do and how to react in emergency situations.

Reassure your child

School age children should be warned about the possible dangers, but they do not need too much information about what can go wrong. Talking too often or in too much detail can increase your child's fear. However, assure them that simple planning will help.

Here are some tips that parents can use:

- Talk together about the adults who are there to help, such as relatives, teachers, law enforcement officials, and fire fighters.
- Let your child express concerns and ask questions. Answer honestly. Be sure to stress that your family has plans to handle emergencies.
- Remember that a child notices when you are anxious or afraid. Try not to react with alarm to an emergency.
- Monitor TV and other media. Make sure your child does not see or hear too many disaster stories.
- Regularly point out good news about how people throughout the world help others.

Teach your child how to react in an emergency.

It is one of the best ways to help him or her feel safe.

Teach your child when and how to:

- Call for help.
- Call the family contact person.
- Evacuate your home.
- Take shelter in your home.



Considerations for Older Adults and their specific needs



Get Ready Now:

- Make sure you have basic supplies for survival for at least three days in your emergency supply kit.
- Update your kit at least twice a year—use Daylight Savings time changes each spring and fall so you don't forget.
- Make a plan for every detail of your daily routine; then make an alternative plan.
- Share your plan with family, friends, and neighbors.
- Learn about likely disasters in your area so you know what to prepare for.

Important Questions to Consider:

- Is my emergency supply kit updated and easily accessible?
- If I have to evacuate from my home, where do I go? How do I get there if I don't drive?
- Does the facility I live at have a plan for emergencies?
- Do I rely on electricity for dialysis, oxygen, etc?
- What if I am unable to call or signal for help?
- What if I don't have any friends or family to help me?
- What happens to my pet if I have to evacuate my home?

If you can answer these questions, you are getting ready now! If you are unsure or need help, contact the Aging and Disability Resource Center of Waukesha County.

Top 10 Items to Keep in Your Car

1. **First aid kit**—because you never know what is going to happen.
2. **Cell phone**—to help you contact family or friends.
3. **Medication List**—in case you need medical assistance or attention
4. **Food**—in case you are stuck for a long period of time.
5. **Blanket**—to help keep you warm.
6. **Flashlight**—all the tools in the world will not help without light!
7. **Spare tire**—a must have item.
8. **Distress Flag**—to attach to your antenna if you need help.
9. **Candle**—to help keep you and your car warm.
10. **Air compressor**—for a quick fix when you get a flat tire.



Medications

How can I Be Prepared?

Most medications need to be taken routinely to be effective and you run the risk of unhealthy and unsafe effects if not taking your medications as prescribed. It is essential that you have an Emergency Medical Kit with at least a 2-week supply of medications. Since most insurance companies won't pay for more than a 30-day supply, ask your doctor for an extra prescription and pay for it out-of-pocket or fill your prescriptions a few days early each month until you have at least a 2-week supply for emergencies. Keep the original packaging in the event that medical records are lost or destroyed. Talk to your pharmacist or medical provider to determine how often to replace the emergency supply in order to insure that these medications do not expire. If medications require refrigeration, such as insulin, buy ice packs and an insulated bag big enough to hold a two-week supply. Keep the ice packs in the freezer. If you need to leave in an emergency, you can quickly grab your medications, put them in the bag with the ice packs, and tuck them into an emergency medical kit.



Your Emergency Medical Kit should also include:

Medical Equipment

Include blood sugar monitoring equipment, a blood pressure cuff, hearing aid batteries and any other devices you use regularly.

Written Treatment Information

Ask your doctor for copies of your medical records and lists of any medical problems you have and how they're being treated. Maintain an up-to-date list of all medications you're taking and the doses. Include extra copies of medical insurance cards, such as Medicare and Medicaid information.

Extra Assistive Devices

Include an extra pair of eyeglasses, hearing aides or dentures, if you wear them.

Just for Caregivers

for your unique needs

In addition to basic disaster preparation, caregivers have unique needs. Caregivers often feel they are "on their own" during normal times, and this feeling may intensify during times of disaster when people are hurrying to take care of their own family and property.

One of the most important things a caregiver can do ahead of time is establish a support team. This team should have at least three people and can include neighbors, friends, relatives, volunteers and/or staff from social service agencies. The team should decide how they will communicate during a disaster, and how they will help the caregiver before, during or after a disaster.

Although planning for a disaster can be frightening, having a plan in place can help you and the person you care for feel more secure.



To Prepare for a Emergency:

- Make plans for help with family, friends, and neighbors. Try to have local and distant members on your team.
- Include someone who can lift and carry heavy objects (such as wheelchairs).
- Give at least one other person a key to your home. Exchange contact information between each member.
- Name a substitute caregiver in case you are unable to provide care.
- Make an emergency contact list. Post in your home and give a copy to a member of your support team.
- Have an emergency 2 week supply of medications as well as a medication list available.
- Show others how to operate necessary medical equipment (such as oxygen). Keep written directions with the equipment.
- Keep a "daily planner" of routines.
- Have complete legal documents (such as a Living Will) readily available. Give a copy to a member of your team.

Persons with Dementia

Special considerations when preparing for an emergency

Advance preparations:

- If your loved one lives in a residential facility, find out about its disaster and evacuation plans. Will you be responsible for evacuating your loved one? Make sure evacuation plans include his or her specific needs.
- Enroll in MedicAlert® + Alzheimer's Association's Safe Return Program and/or Project Lifesaver (see details below). Keep your information up to date.

Pending disaster is about to occur:

- Get yourself and the person with dementia to a safe place.
- If evacuation is likely, do not delay. Leaving early can minimize long delays in heavy traffic.
- Alert others (family, friends, medical personnel) that you are changing locations and give them your contact information. Contact them regularly as you move.
- Be sure someone besides yourself has copies of the person with dementia's medical history, medications, physician information and family contacts.
- If your loved one uses oxygen, be sure to obtain portable tanks.

Additional items to consider adding to your Emergency kit:

- Easy on/off clothes (a couple of sets) and Velcro shoes/sneakers
- Spare pair of glasses or hearing aids
- Incontinence products
- Extra identification items such as ID bracelet and clothing tags
- Copies of legal documents, such as Power of Attorney
- Documents that indicate the individual's medical conditions and current medications
- Waterproof bags to hold medication and documents
- Recent photo of the person with dementia
- Hand lotion or other items to promote comfort
- Favorite or familiar items or foods, liquid meals
- Pillow, stuffed animal, or something else to hug
- Alzheimer's Association and MedicAlert + Safe Return phone numbers



Alzheimer's Association's Safe Return Program—Nearly 60% of people with Alzheimer's disease will wander and up to 70% of wanderers do so repeatedly. Safe Return, a nationwide registry and proactive search-and-locator service, is successful in finding and returning 98% of registered people with dementia who wander and become lost. Call toll-free 1.888.572.8566 or visit www.alz.org.

Persons with Dementia

Special considerations when preparing for an emergency



During an evacuation:

During an evacuation, a person with dementia is especially vulnerable to chaos and emotional trauma. He/she may have a limited ability to understand what is happening and may forget what he has been told about the disaster. Be alert to potential reactions that may result from changes in routine, traveling, or new environments.

- When appropriate, inform others (hotel or shelter staff, family, airline attendants) that your loved one has dementia and may not understand what is happening.
- Do not leave this person alone. It only takes minutes to wander away and get lost.
- Changes in routine, traveling, and new environments can cause agitation, wandering, or an increase in behavioral symptoms including agitation, hallucinations, delusions, sleep disturbances.

Do your best to remain calm. The person with dementia will respond to the emotional tone you set. To prevent agitation, follow these tips:

- Reassure the person. Hold hands or put your arm on his/her shoulder.
- Find outlets for anxious energy. Take a walk or engage the person in simple tasks.
- Move the person to a safer or quieter place, if possible. Limit stimulation.
- Make sure the person takes medication as scheduled.
- Try to schedule regular meals and maintain a regular sleep schedule.
- Avoid elaborate or detailed explanations. Provide information using concrete terms. Follow brief explanations with reassurance.
- Be prepared to provide additional assistance with all activities of daily living.
- Pay attention to cues that the person may be overwhelmed (fidgeting, pacing).
- Remind the person that he/she is in the right place.

Helpful hints during an episode of agitation:

- Approach the person from the front and use his or her name.
- Use calm, positive statements and patient, low-pitched voice. Offer reassurance.
- Respond to the emotions being expressed rather than the content of the words. For example, say, “You’re frightened and want to go home. It’s ok. I’m here with you.”
- Don’t argue with the person or try to correct. Instead, affirm his or her experience, reassure and try to divert attention.

It’s important to take care of yourself

- Find a good listener to hear your thoughts and feelings about the event.
- Find moments to breathe, meditate and reflect.

Alzheimer’s Association

1-800-272-3900

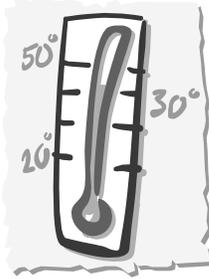
Disaster Preparedness information provided by the Alzheimer’s Association, the leading voluntary health organization in Alzheimer’s care, support and research.

Keeping Food Safe in a power outage



What You Can do to Prepare:

- Make sure you have appliance thermometers in your refrigerator and freezer.
- Freeze containers of water to help keep food cold and supply drinking water.
- Freeze refrigerated items (such as leftovers) to help them stay cold longer.



When the Power Goes Out:

- Use coolers if the power outage will be for more than 4 hours.
- Group food together in the freezer.
- Use ice cubes and gel packs in the coolers.
- Keep refrigerator and freezer doors closed as much as possible.
- If any food is above 40°F for 2 hours or more, discard it.



Once Power is Restored:

- If your thermometer reads 40°F or below, the food is safe to be refrozen.
- If you do not have a thermometer, check each package; if it has ice crystals, it is safe to refreeze.

You can't rely on odor or appearance.

- Refrigerated food should be safe if the power was out for no more than 4 hours and the refrigerator door was kept shut.
- Discard any perishable foods (such as meat, poultry, fish, eggs, or leftovers) that have been about 40°F for two hours or more.

How Long is it Good For?

- A full freezer will keep everything frozen for about two days.
- A half-full freezer will keep everything frozen for one day.
- A refrigerator will keep food cool for four to six hours.

When in doubt, toss it out!

For More Information

About Preparing for Emergencies, Contact:



Other Available Resources:

**Aging and Disability
Resource Center
Of Waukesha County**

(262) 548-7848

www.waukeshacounty.gov/adrc

**Waukesha County
Sheriff's Department**

(262) 548-7117

211/First Call for Help

211 or (262) 547-3388

**Waukesha County
Public Health Department**

(262) 896-8430

**American Red Cross/
Southeast Wisconsin**

www.redcrossinsewis.org

(414) 342-8680

Wisconsin Emergency Management

www.emergencymanagement.wi.gov

(800) 943-0003

**Department of Homeland
Security**

www.dhs.gov

(202) 282-8000

**Centers for Disease Control &
Prevention**

www.cdc.gov

(800) 232-4636

Administration on Aging

www.AoA.gov

(202) 619-0724

Aging in Stride

www.aginginstride.org

(800) 448-5213

FEMA

www.fema.gov

(202) 646-2500