



FRANKLIN HILLS RESIDENTS ASSOCIATION

BE PREPARED: **Special Considerations for Seniors**

“**TRIPLE-THREAT**” **used to refer** to a multi-talented performing or athletic star. On a recent Sunday in the Southland, our triple threat referred to Mother Nature in full fury mode, as we hunkered down in a hurricane, flash flooding and an earthquake.

Clear, advance warning by City emergency officials helped minimize injuries and damage. Hopefully it also ratcheted up awareness of the need to be prepared. September is National Preparedness Month, and the focus of FEMA’s Ready Campaign is [helping to prepare older adults for disaster](#).

In addition to tips we’ve shared previously, our Franklin Hills seniors should:

- Create a personal support network, especially if you live alone. These may include family, friends, neighbors, your medical team, clubs, and places of worship. This network should also include care providers and your durable medical provider.
- Write down and share contact information for this team, including their mobile numbers.
- Make sure at least one person in your network has an extra key to your home, knows where you keep your emergency supplies, and knows how to use lifesaving equipment.
- Compile a list of prescriptions, dosage instructions, and any allergies.
- Prepare a box or bin with:
 - Extra food, water and essentials for you and any pets or service animals.
 - Medicines, medical supplies, batteries (including for hearing aids) and chargers.
 - The assistive devices you may need during an evacuation.
- Talk with contacts at any clinics or hospitals you visit for routine treatments about their emergency plans and identify back-up service providers.
- Post need-to-know information in a prominent place for first responders and others who might need to help you.
- Consider getting your Social Security or other benefits via direct deposit to a checking or savings account, or a Direct Express debit card; this will help avoid any mail disruptions due to a disaster. You can [sign up online](#), or call Social Security at 1-800-772-1213 for help with either of these options.

Given our recent triple threat, now is a great time to reach out to older neighbors to make sure they have the support they need to Be Prepared!

