



Emergency

Preparation. Peace of Mind.



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SOUND OPTIONS[®]
CARE MANAGEMENT & IN HOME CARE

Just in case

As your trusted eldercare provider, your safety and quality of life are of the utmost importance to us at all times. With a few simple “just in case” precautions, we all can have peace of mind that our families will be prepared in the event of an emergency. As seniors, there are a few extra steps that can make all the difference in the world when putting together emergency kits. In this booklet you will find easy-to-use checklists for everyday safety and kit building.

Be Well, Be Safe,



Documents

Creating and updating a **Personal Health Record** can be crucial to save time and lives in an emergency. Keep a hard copy of all documents in a plastic bag in your mobile emergency kit. Consider including USB flash drive with digital copies. Even if you don't have a computer, they will be helpful for hospitals or family members.

Your Personal Health Record should include:

- Personal Information:** Name/ mailing address/ social security number/ date of birth/ home & cell phone numbers/ copy of driver's license/ spouse's name & contact
- Emergency Contacts:** Names & phone numbers, contact for current professional care services or facilities
- Paperwork:** Advance directives such as power of attorney, POLST form, healthcare proxy, etc.
- Primary Care:** Name & contact number of primary physician
- Insurance:** Copy of insurance card or policy name/ number
- Current Medications/ Allergies:** Include brand and dosages of medications, vitamins, and supplements/ food and drug allergies/ preferred pharmacy contacts.
- Chronic Illnesses:** Current or re-occurring illnesses
- Passwords:** Important passwords to access benefits, banking, medical records, email, etc.

Fresh

Begin each year with a fresh start. Let the three R's guide the process:

1. **Replenish:** Stock up important items that are running low. Make sure your first aid kit and emergency supplies of nonperishable food and water are also replenished and ready for the New Year.
2. **Replace:** Items that are essential but broken or not working should be replaced or repaired allowing only the important items you use to stay.
3. **Remove:** Dispose of items that are expired giving special attention to anything you ingest like food or medications.

- Change out batteries in all smoke detectors
- All extinguishers should be serviced and working properly
- Dispose of expired medications, pills/creams etc.
- Dispose of expired food in fridge, pantry, and cupboards.
- Stock any Emergency Kit items that may need replenishing



Everyday

- Create & Update Personal Health Record**
- Set up Emergency Mobile Kit, Emergency Home Kit, & Emergency Car Kit**
- Utility contact numbers for**
 - TV/Cable/ internet
 - Utilities (heat, electricity, water)
 - Garbage pickup service
 - Who to call to report necessary home repairs
 - Any private services (landscaping, cleaning services, food, etc.)
- Custom end-of-life/hospice contact planning in Home Care Binder**
Who to call and in what order at time of death
- Outside walkways are well lit, cleared of debris/ materials**
- Inside walkways are cleared of furniture, clutter, cords, hoses, etc.**
- Stairs have handrails and are well lit**
- Rug edges are not frayed and are tacked down**
- No exposed or frayed electrical wires or extension cords**
- Used needles are placed in sharps container**
- Sharp objects are padded (bed frames, etc.)**
- Bathrooms have non-slip surfaces and sturdy grab bars**
- Medical equipment properly stored**
- No smoking or open flames near oxygen bottles, especially when in use.**
- Signs posted in home**
 - Liquids such as water, ice, snow, and grease are cleaned up immediately**
 - Lifting and moving heavy objects are kept to a minimum**
 - Materials are stored safely and at proper height**
 - Proper lighting throughout home**
 - Home is free of bugs, mice, animal waste, etc.**
 - Pets are controlled and well cared for**
 - Medications and chemicals are labeled and stored correctly**
 - Fire extinguishers are readily available and serviced**
 - Smoke and carbon monoxide alarms are in working order**
 - Well-fitting shoes with good tread are worn at all times**
 - Flammable materials are stored properly or removed from the home**
 - Sketch home and map escape routes to appropriate exits to get clients and caregivers out**
 - Include locations of fire extinguisher(s) and electrical box**
 - Temporary relocation site defined in the event of a home evacuation**
 - Electrical box labeled and posted instructions if a fuse is blown**
 - Adequate disposal gloves, first aid kit, masks and bleach kept in home at all times**
 - Keep cell phone charged with extra battery**

Mobile

- Personal Health Record (Hard Copies & USB)**
- Home Care Binder w/**
 - Plan of Care**
 - Emergency & Primary Care Contacts**
 - Medication List**
- At least three-day's worth of extra medications in their original bottles**
- Extra medical equipment/ supplies, as appropriate, such as a cane, adult diapers, hearing aid batteries, test strips, bandages, gloves, extra glasses, etc.)**
- Bottled water and energy bars**
- First aid kit**
- Flashlight**
- Small amount of cash**
- Cell phone charger**



Emergency

- Mobile Emergency Kit
- +
- Emergency Resource Guide** (from WA State Department of Health) *This resource covers a wide range of emergencies from extreme heat to natural disasters.*
- Blankets
- Pen/ paper
- 1 weeks' worth of nonperishable food and potable water
- A favorite comfort food to de-stress like M&M's
- Can opener (hand powered)
- Battery powered radio
- Candles & extra matches
- Extra batteries for flashlight
- Change of extra clothing
- Scissors or knife for opening supplies

Summer/ Spring Kit Additions:

- Sunscreen of SPF 30+ and SPF lip balm
- Brim hat
- Change of cool, breathable clothing

Winter/ Fall Kit Additions:

- Change of warm clothes for layering
- Warm blankets
- Warm coat, gloves, hat, scarf, socks

Pet Additions

- Enough pet food and water for 3 days
- Pet medications
- Blanket
- Extra leash
- Pet crate
- Photo of owner and pet for ID



Emergency Kit

- Ice scraper
- Warm gloves & hat
- Change of clothes
- Warm socks
- Bottled water
- Flashlight & extra batteries
- Jumper cables
- Tire chains
- Pen/ paper
- Car cell phone charger
- Nonperishable food
- Flares
- Sunscreen
- Brim hat
- Sweater/ jacket
- Warm blankets
- Extra medical equipment/ supplies (as appropriate)
- Small first aid kit
- Umbrella

