

STORM-PROOF YOUR HEALTH

Emergency Plans for Older Adults





When hurricane season approaches, it's essential for older adults to take proactive steps to ensure their safety and well-being.

Here's a comprehensive checklist to help you
STORM-PROOF YOUR HEALTH
and stay safe during
hurricane season.

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COMMUNICATION

○ Register with STEAR

- Register each year with the State of Texas Emergency Assistance Registry (STEAR) to communicate any needs you may have for medical, mobility, or transportation assistance. Register by visiting <https://stear.tdem.texas.gov> online or scanning the QR code below.



STEAR registration is also available by dialing 2-1-1.



COMMUNICATION



○ Sign up for emergency alerts

- Sign up for emergency alerts for your location at www.GCOEM.org or by scanning the QR code below.



To use the QR code:

1. Open phone camera
2. Point camera at code
3. Let camera focus on code
4. Click on link that pops up

○ Charge your devices

- Ensure mobile phones, tablets, and other communication devices are fully charged. Have portable chargers or power banks ready.





MEDICAL SUPPLY CHECKLIST

○ Medications

- Ensure a 30-day supply of all prescription medications.
- Pack all medications in their prescription bottles.
- Keep a list of all medications, including dosages and prescribing doctors.

○ Medical Equipment

- Secure battery backups or alternative power sources for essential medical equipment (e.g., oxygen concentrators, ventilators).
- Stock extra batteries for hearing aids, glucose meters, and other medical devices.
- Pack glasses, contact lenses, dentures, and any necessary supplies.

○ First Aid Kit

- Maintain a well-stocked first aid kit tailored to your specific health needs.



MEDICAL SUPPLY CHECKLIST



○ Personal Health Records

- Keep copies of important medical documents, including a list of allergies, medical conditions, and insurance information.

○ Dialysis Preparation

- Contact your dialysis provider to understand their emergency plans and how they will ensure continuity of care.
- Keep a detailed schedule of your dialysis treatments and any alternative arrangements.
- Identify backup dialysis centers in case your regular center is closed or inaccessible.
- Maintain an emergency dialysis diet plan to follow if your treatments are disrupted.

When does hurricane season begin and end?

- | | |
|-----------------------|-------------------------|
| a. June 1-November 1 | c. June 30-September 21 |
| b. June 1-November 30 | d. June 21-September 30 |





EMERGENCY CONTACTS AND INFORMATION

○ Create an Emergency Contact List

- Include family members, caregivers, doctors, and one person out of the potentially impacted region to act as an information collection point if you must evacuate.

○ Inform Neighbors and Friends

- Let your neighbors and friends know about your medical needs and any assistance you might require.



○ Medical Alert Systems

- Ensure your medical alert system is functioning and has a backup power source.



EVACUATION AND SHELTER PLANS



○ Identify Safe Locations

- Identify a safe place to evacuate that can accommodate your medical needs.
- Register with STEAR annually, if you require special assistance or an evacuation location.

○ Arrange Transportation

- Plan how you will get to a safe location, considering mobility needs and accessibility. Register with STEAR annually, if you require transportation.

○ Personal Support Network

- Coordinate with family, friends, or caregivers to assist with evacuation if needed.

Register each year with STEAR by calling 2-1-1 or scan the QR code to register online.





DIALYSIS-SPECIFIC EVACUATION PLANS

○ Plan your route

- Ensure that your evacuation route and destination include access to dialysis facilities.

○ Inform Evacuation Personnel

- Inform evacuation personnel of your dialysis needs to ensure proper accommodations.



TRUE OR FALSE:

Home and renters' insurance cover flooding.



HOME PREPARATION



○ Stock up on Essentials

- Store non-perishable food, water, and essential supplies for **at least 7 days**.



○ Prepare Your Home

- Secure windows, doors, and any loose items outside your home.
- Know how to safely shut off utilities if necessary.

○ Mobility and Accessibility Preparations

- Ensure that essential areas of your home are accessible and free of obstacles.
- Have a plan for moving quickly and safely to a secure location in your home during a storm.





FINANCIAL AND LEGAL PREPAREDNESS

○ Secure Important Documents

- Keep copies of IDs, insurance policies, bank account information, and legal documents in a waterproof container.

○ Have Emergency Funds

- Have cash on hand as ATMs and banks may be unavailable.

Emergency Kit Word Scramble

ATEWR	_____
OOFD	_____
BTATIEESR	_____
RITFS DAI KIT	_____
NAOIDMSEITC	_____
HCAS	_____
MNUOCTESD	_____
NOHLTIGC	_____
KLNSTBEA	_____



PSYCHOLOGICAL AND EMOTIONAL WELL-BEING



○ Support Network

- Maintain regular contact with your support network to reduce stress and anxiety.
- Have contact information for mental health professionals or hotlines available.

○ Medications for Mental Health Conditions

- When evacuating, bring medications in their prescription bottles and inform medical personnel if your prescriptions are running low.

A _____ is issued to indicate that hurricane conditions are **expected** somewhere within the warned area. It's issued 36 hours in advance of the anticipated onset of tropical-storm-force winds to allow for important preparation.

a. Hurricane watch

b. Hurricane warning





POST-STORM CONSIDERATIONS

○ Health Monitoring

- Continue taking medications as prescribed and monitor your health closely.

○ Safe Return

- Ensure utilities have been restored and your home is safe and habitable before returning after an evacuation.



POST-STORM CONSIDERATIONS



○ **Dialysis Follow-Up**

- Contact your dialysis provider immediately after the storm to confirm treatment schedules.
- Report any issues or disruptions in your treatment to your healthcare provider.

○ **Mobility and Accessibility Check**

- Assess your mobility devices for any damage and make necessary repairs.
- Ensure your home remains accessible and that any damage affecting mobility is promptly addressed.

What website can you go to find more hurricane preparedness information, guides and evacuation routes for Galveston County?

- | | |
|---------------------|----------------------------------|
| a. GCOEM.ORG | c. Local government sites |
| b. GCHD.ORG | d. All of the above |



HURRICANE PREPAREDNESS WORD SEARCH

A T S F I N S U R A N C E C O I R
N N A U O T I K R E T S A S I D E
D O E R G O L R A O U T D P K A V
K E I Z O A R O E N T A H R Y S A
L P I T L T E P O T T R O T N S C
N D S E A O A B M I L W C T A I U
R T R N N C P R K R T E S A L E A
B T H S O I I D E E O I H D P N T
S A T S N I I N N N L T O S S A I
R E T O A A T T U T E C S F I C O
S N D T T C R A C M U G L T S I N
E O N S E O S A C M M P T B Y R R
U I R E P R T A E I T O C B L R O
V I G P N N I N T E D A C B A U U
F D U P O O T E H R A E T S I H T
F S S C D S Y T S C R H M N D E E
A N A L P Y C N E G R E M E M S S
N O I T A T R O P S N A R T R T O

HURRICANE PREPAREDNESS WORD SEARCH

WORD BANK

Alerts

Batteries

Cash

Communication

Contact List

Dialysis Plan

Disaster Kit

Documents

Emergency Plan

Evacuation

Routes

First Aid Kit

Generator

Hurricane

Insurance

Medications

Shelter

STEAR

Stormproof

Support

Network

Transportation

ANSWERS

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b. June 1-November 30

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False

Home and renters' insurance does not cover flooding. Act now – flood insurance requires a 30-day waiting period.

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Water, Food, Batteries, First Aid Kit, Medications, Cash, Documents, Clothing, Blankets

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b. Hurricane warning

A **hurricane warning** is issued to indicate that hurricane conditions are **expected** somewhere within the warned area.

A **hurricane watch** is issued when hurricane conditions are **possible** within the specified area.

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d. All of the above.

Visit gcoem.org, gchd.org, or your local government's site to find more hurricane preparedness information, guides and evacuation routes for Galveston County.

ANSWERS

A T S F I N S U R A N C E C O I R
N N A U O T I K R E T S A S I D E
D O E R G O L R A O U T D P K A V
K E I Z O A R O E N T A H R Y S A
L P I T L T E P O T T R O T N S C
N D S E A O A B M I L W C T A I U
R T R N N C P R K R T E S A L E A
B T H S O I I D E E O I H D P N T
S A T S N I I N N N L T O S S A I
R E T O A A T T U T E C S F I C O
S N D T T C R A C M U G L T S I N
E O N S E O S A C M M P T B Y R R
U I R E P R T A E I T O C B L R O
V I G P N N I N T E D A C B A U U
F D U P O O T E H R A E T S I H T
F S S C D S Y T S C R H M N D E E
A N A L P Y C N E G R E M E M S S
N O I T A T R O P S N A R T R T O

IMPORTANT NUMBERS

Record important phone numbers here or in your phone contact list. If you don't have these numbers already, look on your city or town's website, in a local phone book, search the internet, or ask a neighbor. Remember, if you are facing a life-threatening emergency, dial 911.

Police: _____

Fire: _____

Ambulance Agency: _____

Family Doctor: _____

Specialists: _____

Pharmacy: _____

Other: _____

Other: _____

Useful Websites

AARP: www.aarp.org

American Red Cross: www.redcross.org

FEMA Ready Campaign: www.ready.gov

FEMA: www.fema.gov

EMERGENCY CONTACT INFORMATION

Name: _____

Contact Info: _____

Home Address: _____

Family Members' Contact Info: _____

Out-of-Town Contact Info: _____

Family Meeting Place: _____

Name: _____

Contact Info: _____

Home Address: _____

Family Members' Contact Info: _____

Out-of-Town Contact Info: _____

Family Meeting Place: _____



MEDICATION LIST

Medication Name: _____

Dosage: _____

Medication Name: _____

Dosage: _____

Medication Name: _____

Dosage: _____

Medication Name: _____

Dosage: _____

Medication Name: _____

Dosage: _____

Medication Name: _____

Dosage: _____

Medication Name: _____

Dosage: _____

Medication Name: _____

Dosage: _____



PREPAREDNESS SAVES LIVES.



GCOEM.ORG



@galvestoncountytx



@galvestoncountytx



@galvcountyoem



@galvestoncountytx



GCHD.ORG



@gchdinfo



@gchdinfo



@gchdinfo



@gchdinfo



Galveston County
Health District