

Emergency Preparedness for Senior Citizens

People with disabilities and access and functional needs often need additional time and assistance to prepare for a disaster.

This page provides some quick, practical advice. More in-depth information and guidance can be accessed via the links at the bottom of this page.

To create an Emergency Plan that works for you, start with the [NJOEM Basic Preparedness](#) page and then follow the instructions below:

GETTING STARTED:

- Create a Personal Support Network of friends, family and neighbors who can assist in disaster preparation and getting you to a safe place.
- Conduct an Assessment of Your Personal Needs and resources, and of the types of help you will need in case of a power outage, evacuation or other emergency.
- Consider using Register Ready – New Jersey’s access and functional needs Registry for Disasters. (www.registerready.nj.gov)
- If you are electric-dependent, register with your Utility Company.

EMERGENCY SUPPLIES:

- Don't forget to create your [Emergency Kit](#) - with the items that will keep you self-sufficient for three days. Be sure to keep a stock of any medicines you need.
- Create a list of your Emergency Health Information including medication doses, necessary equipment and emergency contacts. Post a copy on your refrigerator, and keep a copy with you at all times, especially during an evacuation.
 - Tip: A medical alert tag or bracelet to identify your disability may be useful.
- Have an alternate means of communication, like a dry erase board or writing tablet and markers.
- Keep a flashlight, whistle or bell handy to signal your whereabouts to others.

EMERGENCY PLANNING:

- If you have a Personal Care Attendant, work with that person to decide how you will communicate with each other, such as by cell phone, if you are separated during an emergency.
- Identify multiple escape routes from home. Include you in its emergency plan and test these plans.
- Consider getting a medical alert system that will allow you to call for help if you are immobilized in an emergency. Most alert systems require a working phone line, so have a back up such as a cell phone or pager if the landlines are disrupted.
- Learn about devices such as PDAs, text radio, pagers, etc. that can help you receive emergency instructions and warnings from local officials.
 - Tip: Learn about [NOAA Weather Radio for the hearing impaired](#).
- When calling 911, tap the space bar to engage the TTD system.
- Remember: [CERT](#) training is available to everyone, no matter their age or level of physical ability. – Bergen and Mercer Counties have run CERT classes especially for persons with disabilities