



**CARING
HOME CARE**

**DO YOU OR SOMEONE YOU KNOW
NEED HELP WITH:**
BATHING, DRESSING, FALL PREVENTION,
MEAL PREP, DOCTOR APPTS, COMPANION CARE
LIGHT HOUSEKEEPING, POST-OP CARE & MORE



HURRICANE PREPAREDNESS

CHECKLIST FOR SENIORS LIVING ALONE



DADE LIC #30211130
BROWARD LIC #30211170
PALM BEACH LIC #30211511
ORLANDO LIC #30211597

EMERGENCY CONTACT LIST

- POST A PRINTED LIST BY THE PHONE WITH EMERGENCY NUMBERS (FAMILY, DOCTOR, LOCAL POLICE, UTILITY COMPANIES, PHARMACY)
- INCLUDE AT LEAST 1 NEIGHBOR OR NEARBY FRIEND WHO CAN CHECK IN

COMMUNICATION PLAN

- ESTABLISH A DAILY CHECK-IN SYSTEM (CALL OR TEXT)
- MAKE SURE YOUR LOVED ONE KNOWS HOW TO USE THEIR CELL PHONE
- CHARGE ALL DEVICES AHEAD OF STORMS
- HAVE BACKUP BATTERY PACKS READY

EVACUATION PLAN

- KNOW IF THEY'RE IN A MANDATORY EVACUATION ZONE
- PREARRANGE TRANSPORTATION IF EVACUATION IS NEEDED
- IDENTIFY NEAREST SHELTERS
- PREPARE A GO-BAG WITH ESSENTIALS (SEE BELOW)

HURRICANE GO-BAG (EVACUATION KIT)

- 7-DAY SUPPLY OF MEDICATIONS IN LABELED CONTAINERS
- LIST OF MEDICATIONS, ALLERGIES, AND MEDICAL HISTORY
- COPIES OF ID, INSURANCE CARDS, & POWER OF ATTORNEY DOCUMENTS
- EXTRA EYEGLASSES, HEARING AIDS AND BATTERIES
- NON-PERISHABLE FOOD, WATER, AND SNACKS
- FIRST-AID KIT AND HYGIENE SUPPLIES
- FLASHLIGHT, RADIO, BATTERIES, AND CELL PHONE CHARGERS
- A SMALL AMOUNT OF CASH

HOME SAFETY SUPPLIES

- FLASHLIGHTS (NO CANDLES), EXTRA BATTERIES
- BATTERY-POWERED OR HAND-CRANK RADIO
- MANUAL CAN OPENER
- CASES OF BOTTLED WATER (1 GALLON PER PERSON, PER DAY, 3-7 DAYS)
- NON-PERISHABLE FOOD (3-7 DAYS' WORTH)
- EXTRA BLANKETS OR LIGHTWEIGHT BEDDING
- TRASH BAGS, HAND SANITIZER, PAPER GOODS

MEDICAL & HEALTH NEEDS

- REFILL PRESCRIPTIONS BEFORE THE STORM
- STORE MEDICAL EQUIPMENT (OXYGEN, NEBULIZERS, ETC.) PROPERLY
- REGISTER WITH THE LOCAL SPECIAL NEEDS SHELTER IF APPLICABLE
- KNOW WHICH HOME HEALTH AGENCIES OR CAREGIVERS ARE AVAILABLE BEFORE, DURING, AND AFTER A STORM

HOME PREP

- SECURE OUTDOOR ITEMS OR BRING THEM INSIDE
- CHECK AND TEST SMOKE AND CARBON MONOXIDE DETECTORS
- TRIM TREES NEAR THE HOUSE
- ENSURE IMPORTANT DOCUMENTS ARE IN A WATERPROOF CONTAINER
- CONSIDER INSTALLING STORM SHUTTERS OR PRE-CUT PLYWOOD

SOCIAL & EMOTIONAL SUPPORT

- TALK WITH THEM ABOUT WHAT TO EXPECT; PREPARATION EASES FEAR
- KEEP COMFORTING ITEMS NEARBY (PHOTO ALBUMS, BOOKS, MUSIC)
- MAKE A POST-STORM COMMUNICATION PLAN

LOCAL SERVICES REGISTRATION

- REGISTER WITH LOCAL EMERGENCY MANAGEMENT FOR STORM ALERTS
- SIGN UP FOR POWER RESTORATION PRIORITY

POST-STORM PLAN

- ASSIGN A FAMILY MEMBER TO VISIT AND ASSESS AFTER THE STORM
- KNOW HOW TO REPORT POWER OUTAGES OR FALLEN LINES
- AVOID USING TAP WATER UNLESS DECLARED SAFE

GET MORE HELP IN YOUR COUNTY



DADE COUNTY



BROWARD



PALM BEACH

WE CONNECT FAMILIES WITH SCREENED
AND QUALIFIED CAREGIVERS

WWW.CARINGHOMECARE.COM