



Older adults and people with disabilities

Older people and people with disabilities may rely on medicines, powered equipment or carers that a crisis can interrupt. This page helps build a personal plan, a support network and a kit that covers those needs.

CHECKLIST

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| ☐ Medicines and medical supplies in a waterproof container | ☐ Charged backup batteries for equipment and hearing aids |
| ☐ Copies of insurance and medical cards | ☐ Spare glasses and contact lens solution |
| ☐ Written list of conditions, allergies and medicines | ☐ Supplies for service animal |
| ☐ Instructions for medical devices | ☐ First aid kit, torch, water and food |

PREPARE

- Build a support network of family, friends, neighbours and carers who know your needs.
- Give at least one trusted person a spare key and show them your supplies.
- Write a personal plan with contacts, medicines, equipment and treatment details.
- Ask your doctor about keeping a two week supply of medicines and supplies.
- Plan with your care team for powered equipment such as wheelchairs or oxygen if power fails.
- Register with your utility suppliers' priority lists where available.

USE AND MAINTAIN

- Keep your mobile phone with you at all times.
- Take assistive devices like walkers, wheelchairs and hearing aids with you.
- Carry a card explaining how responders can communicate with you.
- Tell emergency staff in advance if you cannot use stairs.
- Carers who cannot reach someone at risk should call emergency services.

REVIEW

- Arrange for someone to check on you if telecare alarms lose power or internet.
- Recharge backup batteries for medical and hearing equipment.
- Practise your plan with your support network.
- Update organisations that support you if your details or address change.

IN THE UAE

In Abu Dhabi, people of determination can text 5999 for medical help, according to the UAE government portal.

MY NOTES

Sources: Ready.gov (FEMA), Older Adults (<https://www.ready.gov/older-adults>); UK Government (Prepare), Advice for disabled persons and carers (<https://prepare.campaign.gov.uk/advice-for-disabled-persons-and-carers/>); Get Prepared (Public Safety Canada), Your Emergency Preparedness Guide (<https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/yprprdnssgd/>); Ready.gov (FEMA), Build A Kit (<https://www.ready.gov/kit>); UAE Government Portal (u.ae), Handling emergencies (<https://u.ae/en/information-and-services/justice-safety-and-the-law/handling-emergencies>)

General guidance in our own words. Always follow your local authorities.