

Emergency Preparedness While Caregiving

When someone has a serious illness or condition, there may be a few extra things to consider when an emergency happens. Being prepared will make it easier to stay calm.

IDENTIFY EMERGENCY SUPPORT PEOPLE

- Work with the person you are caring for to **identify at least three people** they know and trust who would help during an emergency. Neighbours are often easiest to connect with during an emergency but there may be a benefit in having people who might not be affected by a local emergency too.
- Ensure that **one of the people you identify has a key to get into the home** and that all support people know where the emergency kit is stored.

MAKE EMERGENCY PLANS

- Whether the person you are caring for lives with you or on their own, having plans for emergencies or evacuations, makes sense
- Emergencies include **personal health (heart attack, stroke, etc.) or environmental (i.e. power outage, flood, fire, etc.)**
- Encourage the person you are caring for and/or their support network to practice plans and be familiar with escape routes, emergency equipment and the location of emergency doors/exits
- If they have a pet, **include relocation of any pets in the plan.** Determine in advance who can take care of the animal during an emergency.
- If the person you are caring for relies on **any special equipment** or if they require regular attendant care, include supports in the plan on how to operate effectively and quickly to check on the person if an emergency occurs.
- Consider having a back up power source (i.e. generator) for life saving equipment.
- Consider encouraging the person you are caring for to wear a MedicAlert bracelet or identification to help notify emergency responders about any special needs
- **MOBILITY**
 - If the person you are caring for uses a wheelchair or scooter, request that an emergency evacuation chair be stored near a stairwell on the same floor where they work or live, so that their supports can readily access it to help them evacuate.
 - Create an evacuation plan in collaboration with the building manager and identified support people and practice using the chair with them.

CREATE AN EMERGENCY KIT

Items to include in a kit:

- a flashlight and batteries, candles, water, a whistle, duct tape, first aid supplies, medication, personal hygiene products, tools, a crank radio or radio with batteries, clothing and bedding.
- a list of important contacts: emergency support network contacts, family members, doctors, neighbours, building superintendent (where applicable)
- important documents or copies of: passports, birth certificates, Power of Attorneys, health cards, list of medications, insurance, and extra car keys and cash
- Keep kit all together where the person you care for and support people can easily access it

Resources - Click on the links & logos below

- <https://www.emergencymanagementontario.ca/english/beprepared/beprepared.html>
- www.peelregion.ca/prep/
- <https://www.getprepared.gc.ca/cnt/rsrscs/pblctns/pplwthdsblts/index-en.aspx>