

# News Release

For Immediate Release  
May 3, 2010

## Emergency Preparedness Week - Seniors with Special Needs

Since an emergency or an evacuation can be frightening and confusing, it is important that seniors, especially those with special needs, know proper the steps to take in case of an emergency.

It is a good idea to contact your local municipal office to find out about programs and services available in your community that will help you during an emergency and assist you in returning to a regular routine.

Everyone should have a basic Emergency Survival Kit to enable them to be self sufficient for three days. A senior's emergency plan should include an emergency contact list with names and telephone numbers of your physicians, caseworker and a contact for your senior group or close neighbours. It is best to keep a copy of this list in your survival kit and on your person. You should know all escape routes and the location of emergency doors and exits in your home.

It is also important to know the location of emergency buttons if you reside in an assisted living facility (many seniors buildings have a direct link to 911 or the buildings superintendent).

In the event you must evacuate, bring with you any assistive devices you may need immediately.

Finally, always remember to wear your Medic Alert® identification.

For further information, please visit the Emergency Management Ontario website at:

<http://www.emergencymanagementontario.ca/english/home.html>

## Emergency Survival Kit for Seniors

In addition to the basic Emergency Survival Kit an Emergency Survival Kit for seniors should include:

- Supply of food items appropriate to your disability or dietary restrictions
- Assistive devices needed such as canes, walkers, lightweight manual wheelchair, hearing aids, breathing apparatus, blood glucose monitoring device, etc
- Prescription eyewear and footwear (if required)
- Extra supply of medications and vitamin supplements
- Personal disability related list of all your needed medical supplies and special equipment

Copies of all medication prescriptions  
Dentures (if required) and cleaner  
Latex free gloves (to give to anyone providing personal care to you)  
Any other contingency supplies unique to your special needs

For further information, call Public Health at 519-376-9420 or 1-800-263-3456 or visit our website  
at [www.publichealthgreybruce.on.ca](http://www.publichealthgreybruce.on.ca).

**For more information:**

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