

**EMERGENCY PREPAREDNESS ACTION CHECKLIST**

**QUICK AND EASY ACCESS To Do By Completed**

**Set elder access goals**

short-term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

long-term \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Know the twenty-four-hour emergency phone numbers**

doctor(s) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

dentist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

neighbors \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

friends \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

police \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

fire department \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

hospital \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

hospice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

nurse \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

home aide \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

pharmacist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

electrician \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

plumber \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

water company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

gas company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

electric company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

telephone company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

alarm company \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

locksmith \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

clergyperson \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Keep copies of emergency phone numbers**

post on refrigerator \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

save on cell phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

save on computer desktop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Back up emergency information on a flash drive**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Give copies of emergency phone numbers to key people**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Duplicate keys** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Identify and store keys and openers** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Distribute keys to necessary people** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Have a plan to access finances in an emergency**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Have a backup plan if access to finances is denied**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Consider a medical alert system** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Create a check-in system** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Elder has access to a telephone** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**MANAGING MEDICATIONS**

**Discuss medications with**

Elder \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

Doctor \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

Pharmacist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

others involved \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Discuss drug**

Usage \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

Purpose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

Alternatives \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

Safety \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Create strategies for drug safety** \_\_\_\_\_ ❏

**Implement medication reminder strategies**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Take a CPR class** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**IF YOUR ELDER IS HOSPITALIZED**

**Create paper trail** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Create a system for recording and filing**

phone numbers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

community resources \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

helpers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

receipts \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

notes and documentation \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

bills \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

questions and answers \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Create a list of questions for medical providers**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Back up important information on the computer and flash drive**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Review post-hospitalization caregiving options**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Delegate phone calls** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Ask what to bring to the hospital** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Get additional help from the hospital patient representative**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏

**Hire an independent patient advocate if you need customized assistance**

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ❏