



EMERGENCY PREPAREDNESS

Remember:

- “Being prepared can reduce fear, anxiety, and losses that accompany disasters” -The Federal Emergency Management Agency

- Emergencies and disasters are rare but may occur.
- These emergencies may force you to evacuate or be confined.
- Planning ahead and being knowledgeable will help to alleviate stress and will help protect you and help you to cope with the situation.

What you can do:

- Be aware of the emergency plans that exist within the facility.
- Talk to the resident council and staff about how you can all be more prepared together.
- Talk to staff about having first responders come in to discuss their role during an emergency.

During an Emergency:

- Each facility has the responsibility to plan and prepare for emergency operations, including the decision to evacuate or shelter in place.
- The decision makers during this process usually are nursing home administrators, facility owners, local or state emergency operations center representative or the governor of the state.
- In addition to moving residents to safety, the evacuation of a nursing home also includes moving medical records, medications, medical equipment, disposable products, and at times food and water.
- Your facility has set plans and places to go in case of an emergency or evacuation.

- In case of an evacuation and relocation, fill out a MY PREFERENCE sheet regarding personal directions you can take with you.
- This sheet will be helpful to inform caregivers about personal information they should know in order to assist you.
- Your family will be notified by the facility of the plan and your location should you need to be evacuated.

- It is normal to feel anxious about your safety and what will happen during an emergency.
- Explain your concerns to your family and caregivers. They can help you prepare and ease the situation for you.
- The ombudsman will visit with you during this time to assure your needs are being met.