



A Plan For Senior Care's Guide To Wildfire Disaster Preparedness for Seniors

Wildfires may happen when we least expect, day or night. Disasters are stressful for seniors because they may not understand what is happening or they cannot evacuate on their own.

The Centers for Disease Control and Prevention (CDC) says this smoke is especially dangerous for seniors who have heart or lung diseases, such as COPD, congestive heart failure or asthma. The American Heart Association warns that smoke exposure is associated with increased rates of emergency room visits, not just for breathing trouble, but also ischemic heart disease, irregular heart rhythm, heart failure, pulmonary embolism, and stroke.



Suggestions for protecting elders from this hazardous smoke:

- Listen and watch for news or health warnings about smoke
- Stay indoors and keep the air as clean as possible by closing windows and doors and run an air conditioner
- If your loved one has asthma or another lung disease, they should follow the advice of their doctor or another healthcare provider about their respiratory management plan
- Call the doctor if your loved one's symptoms worsen, or they are having trouble breathing
- Avoid smoking or vacuuming, which can stir up small particle matter that gets into the lungs

It is important to have an emergency plan and kit. Practice and review the plan regularly with your senior, family members, and caregivers. The plan should include family contact information. Inquire about emergency plans and procedures that exist in your senior's community.

Prepare A Disaster Kit (at least seven days of supplies)

Have a backpack or duffel bag, preferably with wheels. Due to changes, review contents at least every six months. Include supplies such as:

- 1 gallon of water per person, per day and sanitation tablets.
- Canned or dried food, utensils, and nonperishables.
- Medications, eyeglasses, hearing aid & batteries.
- If used, several portable oxygen tanks, walkers, and wheelchairs.
- Important documents: Medical insurance, Social Security and Medicare cards, bank account information and photo identification.
- Pet Supplies including a collar with ID tags, leash, food, medications and vaccination records.
- First Aid Kit with a flashlight, batteries, battery-operated radio and extra keys.
- Money: Spare cash, a prepaid direct express debit card.
- Clothing, blankets, toiletries & Incontinent supplies.

Include items that are pertinent to the safety and comfort of your loved one.

If your loved one is struggling at home to care for her/himself and you would like to explore senior care and housing options, please give us a call today. A Plan For Senior Care will be happy to create a personalized care plan for your loved one.