



Emergency Supply Checklist for Older Adults

If you are over age 65, emergency planning should reflect your unique needs. You should start with the basic preparedness kit items, and then add supplies to meet your unique daily needs.

- Extra eyeglasses
- Hearing aids and extra batteries
- Wheelchair batteries
- Oxygen
- Extra medications
- Watertight container for important documents
- List of all prescriptions with dosages
- List of allergies
- Contact information for your doctors
Copies of Medicare insurance cards
Family records
- Wills
- Power of attorney documents
- Deeds
- Bank information
- Tax records
- Cash or travelers checks
- Names and contact information of your support network
- Know what special assistance you may need during an emergency or if you are forced to leave your home
- Create a support network of family; friends and others than can assist you during emergencies
- Provide trusted individuals with an extra key to your home
- Inform trusted individuals where you keep your emergency supplies

- Show trusted individuals how to use lifesaving equipment and/or administer medicine
- Identify back-up service providers for any routine treatments administered by a clinic or hospital
- If you have a communication-related disability, note the best way to communicate with you
- Prepare a Ready kit for your pets or service animal
- Setup to receive your benefit payments electronically to avoid disruptions in mail service

The U.S. Department of the Treasury recommends two safer ways to get federal benefits: Direct deposit to a checking or savings account. Federal benefit recipients can sign up by calling (800) 333-1795 or at www.GoDirect.org. The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper checks. Call toll-free at (877) 212-9991 or sign up online.