

Santa Clara Valley Transportation Authority (VTA) Celebrates National Preparedness Month

WEEK 2:

Emergency Preparedness for Older Adults

This September, VTA is proud to participate in National Preparedness Month (NPM). We understand that emergencies can be unsettling, but being prepared can provide a sense of security and confidence. That's why during the month of September, VTA is sharing essential tips and resources each week to help you and your family prepare for emergencies. Week 2 focuses on Emergency Preparedness for Older Adults, empowering older adults to take control of their safety.

Prepare For Emergency Now by Following These Steps:

STEP 1

Create a Support Network

- Identify friends, family, and neighbors who can assist you during an emergency.
- Share your emergency plan with them.



STEP 2

Plan Ahead and Assess Your Needs

- Make a list of your medications, medical supplies, and any assistive devices you use.
- Ensure you have a sufficient supply of medications and backup power for medical devices.
- Plan how you will communicate if you have a communications need.
- If you undergo routine treatments administered by a clinic or hospital, find out their emergency plans and work with them to identify back-up service providers.

STEP 3

Get Prepared:

- Know what type of disasters could affect your area, which could call for an evacuation, and when to shelter in place, and plan what you need to do in both cases.
- Build an Emergency Kit to include essentials like water, non-perishable food, a flashlight, batteries, and first aid supplies.
- Add items specific to your needs, such as extra eyeglasses, hearing aid batteries, and mobility aids.
- Make copies of Medicaid, Medicare, and other insurance cards.



STEP 4

Stay Informed:

- Sign up for emergency alerts to stay informed about potential disasters.
- Learn about the types of emergencies that can happen in your area and the best responses to each.

STEP 5

Plan for Evacuation:

- Know your evacuation routes and where you will go if you need to leave your home.
- Have a plan for transporting medical equipment and ensure your pets are included in your plan.

For more detailed information and resources, we encourage you to visit [Ready.gov/Disaster Preparedness Guide for Older Adults](https://www.ready.gov/disaster-preparedness-guide-for-older-adults). This guide provides comprehensive guidance on emergency planning and preparedness for older adults.

This product uses material inspired by Federal Emergency Management Agency's [Ready.gov](https://www.ready.gov) but is not endorsed by the FEMA.