

Emergency Preparedness & Alzheimer's Disease

Tips for preparing for an emergency when caring for someone with Alzheimer's disease or related dementias.

Emergency situations usually happen suddenly and with little to no warning. Individuals living with Alzheimer's are especially vulnerable to emergency situations. By creating a plan, it can help alleviate anxiety and confusion related to sudden change.



How to Prepare for an Emergency

- 1.** Make a Disaster Preparedness Plan: Plan in advance for disasters with your family members and friends who understand the situation. Consider how to prepare for each type of disaster and consider both yours and your loved one's medical and support needs.
- 2.** Develop an Emergency Kit: Prepare an emergency kit and store it in an accessible location. Include items that meet your needs including medications, important documents, phone chargers, and extra clothing.
- 3.** Practice your Evacuation Plan: After you develop a plan, take time with people you trust, to practice your plan so you are better prepared for an actual emergency. Identify all the exits in your home, review what you will do if you shelter in place, if you must evacuate, or if you are separated during a disaster.

Stay In The Know

Register to receive real-time notifications from the Placer Alert system. This system provides you with critical information quickly in a variety of situations, such as severe weather, unexpected road closures, missing persons, and evacuations. To learn more visit:
<https://www.placer.ca.gov/2426/Placer-Alert> .

Placer County Public Health Division

Placer County Healthy Brain Initiative

To learn more visit:

<https://www.placer.ca.gov/7199/Placer-County-Healthy-Brain-Initiative>

