



MAFB EMERGENCY MANAGEMENT PREPAREDNESS BULLETIN

September 2023

Upcoming Issues:

- September National Preparedness Month (NPM) Week 1
- Sept NPM Week 2
- Sept NPM Week 3
- Sept NPM Week 4
- October 2023

National Preparedness Month Week 1

National Preparedness Month is an observance each September to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The 2023 theme is "Preparing for Older Adults"



Week 1: 5-11 September – Preparing for older adults

Week 2: 12-18 September – Low cost no coat prep

Week 3: 19-25 September – Sheltering for hazards

Week 4: 26-30 September – General Preparedness

For the entire month of September the Emergency Management office will have a table in front of our office (Located at Bldg. 1154 Rm. 122, Across from the BX) with various handouts and guides. If you are more of a digital person you can also obtain resources from [https://](https://www.beready.af.mil/)

www.beready.af.mil/ or <https://www.ready.gov/>.

2020 research has found that older adults are more vulnerable and experience more casualties after natural disasters compared to other age groups.

Being prepared for disasters is important for people of all ages. But, there are several factors that make older adults more vulnerable, including:

- A greater prevalence of chronic conditions, multi-morbidity, cognitive impairment and medication concerns during disasters.
- A greater dependence on assistive devices (i.e. walkers, glasses) and support requirements, from caregivers and others, during disasters.
- Likelihood of social isolation.
- Potential for psychological distress.
- Gaps in how prepared the caregivers of older persons are, especially those who care for older adults with dementia.

RECOMMENDATIONS:

To help address these gaps, the report includes evidence-informed expert recommendations such as:

- Older adults and their unpaid caregivers need tailored, easy-to-access information related to disaster preparedness and guidance on how to develop custom emergency plans. Access to these programs should also be increased.
- Older adults who are reliant on mobility aids should remove or minimize barriers affecting their ability to evacuate and should take steps to ensure their safety within their surroundings.
- Programs that provide essential community services and assistance with daily living activities for older people (financial, medical, personal care, food and transportation) should develop plans and protocols related to responding adequately to the needs of their clients during emergencies and disasters.
- Local governments should leverage data sources, such as registries, that identify at-risk individuals to enable emergency responders to more easily prioritize their search and rescue efforts following an emergency.
- Healthcare professionals and emergency response personnel should receive training on providing geriatric care relevant to their discipline and how best to assist both older adults and their unpaid caregivers during disasters.



As an older adult, you may have specific needs after a disaster. Use the information on this page to assess your needs and take simple, low-cost steps that help you get better prepared.

- Know what 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.
- Keep a NOAA Weather Radio tuned to your local emergency station and monitor TV and radio for warnings about severe weather in your area.
- Download the FEMA app and get weather alerts from the National Weather Service for up to five different locations anywhere in the United States.

Plan Ahead

- Plan how you will communicate if you have a communications need.
- Plan for food, water, and essentials for you and pets or service animals.
- Plan for your transportation if you need help evacuating.
- Include items that meet your individual needs, such as medicines, medical supplies, batteries and chargers, in your emergency supply kit.
- Plan how you will have your assistive devices with you during an evacuation.
- Make copies of Medicaid, Medicare, and other insurance cards.

Make a Plan

- Create a support network of family, friends and others who can assist you during an emergency. Make an emergency plan and practice it with them.
- Make sure at least one person in your support network has an extra key to your home, knows where you keep your emergency supplies, and knows how to use lifesaving equipment or administer medicine.
- 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.
- Don't forget your pets or service animals. Not all shelters accept pets, so plan for alternatives. Consider asking loved ones or friends outside of your immediate area if they can help with your animals.

Get Your Benefits Electronically

- Direct deposit to a checking or savings account. If you get federal benefits you can sign up by calling 800-333-1795 or sign up online.
- The Direct Express® prepaid debit card is designed as a safe and easy alternative to paper

Note:

People with disabilities, access and functional needs, and older adults may be at increased risk to extreme heat.

For people with disabilities and their families, it is important to consider individual circumstances and needs to effectively prepare for emergencies and disasters.

Some examples to keep in mind:

- People Who are Deaf
- Blind or Have Low Vision
- Speech Disability
- Intellectual or Developmental Disabilities
- Mobility Disability
- Alzheimer's and Related Dementia

Tips for Medications

- Talk to your doctor or pharmacist about how you can create an emergency supply of medicines.
- Keep a list of your prescription medicines. Include information about your diagnosis, dosage, frequency, medical supply needs and allergies.
- Store extra nonprescription drugs, like pain and fever relievers, antihistamines and antidiarrheal medicines.

Have a cooler and chemical ice packs available to chill medicines that need to be refrigerated.

Additional Items

- Several days supply of prescription medicines
- A list of all medications, dosage and any allergies
- Extra eyeglasses, contacts, hearing aids and batteries
- A backup supply of oxygen
- A list of the style and serial number of medical devices (include special instructions for operating your equipment if needed)
- Copies of insurance and Medicare cards
- Contact information for doctors, relatives or friends who should be notified if you are hurt



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