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## [Emergency Preparedness in Virginia for Older Adults and People with Disabilities](#)

Virginia has experienced numerous disasters, from localized flooding to widespread damage, and from hurricanes and tropical storms. Understanding the types of hazards that threaten Virginia and preparing for them ahead of time will ensure that when the next disaster strikes, the citizens of the Commonwealth will be ready.

The [Virginia Department of Emergency Management](#) provides public education effort to prepare Virginians for all hazards, including natural disasters and potential terrorist attacks.

### **For Older Virginians**

If you or someone in your family is older, be sure to include special items in your supply kit in addition to the basic supplies. If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer.

- When assembling your emergency kit, be sure it's not too heavy or bulky for you to carry. You might need to store items in more than one container or a suitcase with wheels.
- Ask your doctor about how to properly store prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.
- Include items to fill denture needs.
- Include extra eyeglasses
- Hearing aid batteries, wheelchair batteries, and oxygen
- Make a list of prescription medicines including dosage, treatment and allergy information. Talk to your pharmacist or doctor about what else you need to prepare.
- Make sure you have contact numbers for your pharmacy and medical supply providers if you require oxygen, dialysis supplies, diabetes supplies, etc.

- Include a list of doctors, relatives or friends who should be notified if you are hurt.
- Include copies of important documents in your emergency supply kit.
- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and the serial number of medical devices or other life-sustaining devices. Include operating information and instructions.
- Make sure that a friend or family member has copies of these documents.
- If you have a communication disability, make sure your emergency information contains instructions for the best way to communicate with you.

### **For People with Disabilities**

If you or someone in your family is disabled, be sure to include special items in your supply kit in addition to the basic supplies. If you take medicine or use a medical treatment on a daily basis, be sure you have what you need to make it on your own for at least a week, maybe longer.

- When assembling your emergency kit, be sure it's not too heavy or bulky for you to carry. You might need to store items in more than one container or a suitcase with wheels.
- Include extra eyeglasses.
- Hearing aid batteries, wheelchair batteries, and oxygen.
- Make a list of prescription medicines including dosage, treatment and allergy information. Talk to your pharmacist or doctor about what else you need to prepare.
- Make sure you have contact numbers for your pharmacy and medical supply providers if you require oxygen, dialysis supplies, diabetes supplies, etc.
- Include a list of doctors, relatives or friends who should be notified if you are hurt.
- Include copies of important documents in your emergency supply kit.
- Have copies of your medical insurance and Medicare cards readily available.
- Keep a list of the style and the serial number of medical devices or other life-sustaining devices. Include operating information and instructions.
- Make sure that a friend or family member has copies of these documents.
- If you have a communication disability, make sure your emergency information notes the best way to communicate with you.

Article Source

Virginia Department of Emergency Management

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<https://www.vaemergency.gov>

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