

# **Some relief ways for the Senior Persons**

## **INTRODUCTION:**

Many older persons, often with little or no opportunity to recover their own, tend to be seriously impacted by these calamitous events and suffer physical or mental impairments that limit their ability to respond to seek help.

- **Take Responsibility**
  - Prepare now for a sudden emergency
  - Learn how to protect yourself and cope with disaster by planning ahead.
  - Even if you have physical limitations, you can still protect yourself.
  
- **Disaster Can Strike Quickly and Without Warning!**

Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away.

- **Take Responsibility - Save Your Life!**

Keep in touch with your neighbors and look out for each other.

- **Knowing What to Do is Your Best Protection and Your Responsibility.**

Some part of the country may be affected by one or more of the following emergencies:

- Earthquakes
- Cloudbursts

- **Flooding**
- **Fires**
- **Draught**
- **Landslide**
- **Cyclone**

### **Which three are most likely to happen in your area?**

**Preparing for a disaster that is most likely to happen in your area will help you be prepared for any disaster. Remember anything can happen at any time.**

### **▪ Notification -- How You May Be Notified of a Possible Emergency**

- **Weather forecast**
- **Commercial radio and television stations.**
- **Be aware of anyone in your neighborhood who may need special help.**

### **Family Disaster Plan**

#### **Plan Ahead!!!**

**The next time disaster strikes, you may not have much time to act. Prepare now for a sudden emergency.**

**By planning ahead you can avoid waiting in long lines for critical supplies, such as food, water and medicine. Remember to review your plan regularly.**

**Use the following checklist to get started:**

#### **Your Disaster Checklist**

- **Assemble a disaster supplies kit.**
- **Arrange for someone to check on you.**
- **Plan and practice the best escape routes from your home.**

- Plan for transportation if you need to evacuate to a Relief or Red Cross shelter.
- Find the safe places in your home for each type of emergency.
- Have a plan to signal the need for help.
- Post emergency phone numbers near the phone.
- If you have home health care service, plan ahead with your agency for emergency procedures.
- Teach those who may need to assist you in an emergency how to operate necessary equipment. Be sure they will be able to reach you.

### **Medical Emergency Supplies**

For your safety and comfort, you need to have emergency supplies packed and ready in one place before disaster hits.

You should assemble enough supplies to last for at least three days.

- Assemble the supplies you would need in an evacuation, both medical and general supplies.
- Store them in an easy-to-carry container such as a backpack or duffel bag.
- Be sure your bag has an ID tag.
- Label any equipment, such as wheelchairs, canes or walkers that you would need.

### **For Your Medical Needs**

- First-aid Kit.
- Prescription medicines, list of medications including dosage, list of any allergies.
- List of the style and serial numbers of medical devices such as pacemakers.
- Medical insurance and Medicare cards.
- List of doctors and relative or friend who should be notified if you are injured.

- **Any other items you may need.**

### **General Disaster Supplies**

- **Battery-powered radio and flashlight with extra batteries for each.**
- **Change of clothing, rain coat and sturdy shoes.**
- **Blanket or sleeping bag.**
- **Extra set of keys.**
- **Cash, credit cards.**
- **Personal hygiene supplies.**
- **Phone numbers of local and non-local relatives or friends.**
- **Insurance agent's name and number.**
- **Other item you want to include.**

**It may not be necessary to evacuate or you may be ordered to stay in your home. If this happens, you will need in addition to the above items:**

- **Water supply of one gallon per day per person. Remember, plan for at least 3 days. Store water in sealed, unbreakable containers that you are able to handle. *Identify the storage date and replace every six months.***
- **Non-perishable foods supply -- including any special foods you require. Choose foods that are easy to store and carry, nutritious and ready-to-eat, and rotate them regularly.**

### **Shelter-in-Place**

**In a chemical emergency you may be told to shelter-in-place. This means staying where you are and making yourself as safe as possible until the emergency passes or you are told to evacuate.**

**In this situation it is safer to remain indoors than to go outside where the air is unsafe to breathe.**

### **If You are Told to Shelter-in-Place**

- Close all windows in your home.
- Turn off all fans, heating and air conditioning systems.
- Go to an above ground room (not the basement) with the fewest windows and doors.
- Take your Disaster Supplies Kit with you.
- Wet some towels and jam them in the crack under the doors. Tape around doors, windows, exhaust fans or vents. Use plastic garbage bags to cover windows, outlets and heat registers.
- If you are told there is danger of explosion, close the window shades, blinds or curtains. To avoid injury, stay away from the windows.
- Stay in the room and listen to your radio until you are told all is safe or you are told to evacuate.

### **Red Cross Shelters**

#### **Red Cross shelters may be opened if:**

- A disaster affects a large number of people.
- The emergency is expected to last several days.

#### **Be prepared to go to a shelter if:**

- Yours area is without electrical power.
- There is a chemical emergency affecting your area.
- Floodwater is rising.
- Your home has been severely damaged.
- Police or other local officials tell you to evacuate.

#### **Services provided at a Relief or Red Cross shelter:**

- Food
- Temporary shelter
- Basic first aid

#### **To learn about Relief or Red Cross shelters serving your area:**

- Listen to your battery-powered radio.

- Check with your local Red Cross Chapter.

**All Indian Red Cross emergency services are provided free of charge.**

#### **If You Need to Evacuate**

- If you must have assistance for special transportation call the Indian Red Cross or your local officials.
- Wear appropriate clothing and sturdy shoes.
- Take your Disaster Supplies Kit.
- Lock your home.
- Use the travel routes specified or special assistance provided by local officials. Don't take any short cuts, they may be unsafe.
- Notify shelter authorities of any need you may have. They will do their best to accommodate you and make you comfortable.

#### **If You Are Sure You Have Enough Time . . .**

- Shut off water, gas and electricity if instructed to do so and if you know how. Gas must be turned back on by a professional.
- Let others know when you left and where you are going.
- On emergency we could all face at any time is a home fire. A home fire could be a special challenge for one with physical limitations. However, there are some things we can do to improve our safety:

#### **Before a Fire**

- Plan two escape routes out of each room. If you cannot use stairways, make special arrangements for help in advance. Never use elevators.
- Sleep with the bedroom door closed. This gives you extra minutes of protection from toxic fumes and fire.

#### **In Case of Fire**

- Remain calm.

- **Drop to the floor and crawl. Most fire fatalities are due to breathing toxic fumes and smoke. The cleanest air is near the floor. Breathing toxic fumes and smoke is more dangerous than the risk of injury in getting to the floor quickly.**
- **Feel any door before you open it. If it is hot, find another way out.**
- **Do not try to fight the fire! Call for help from a neighbor's phone.**
- **Never go back into a burning building for any reason.**
- **If your clothes catch on fire, drop to the floor and roll to suffocate the fire. Keep rolling (running from the fire only "fans" the flames and makes it worse).**
- **If you are in a wheelchair or can not get out of your house, stay by the window near the floor. If you are able, signal the need for help.**

### **Grandchildren's Safety**

*The following safety advice for children can help grandparents prepare a safe environment at home for children:*

- **Store matches and lighters up high, away from children.**
- **Move cleaning chemicals like cleansers, soap, drain cleaner, and other poisons to high cupboards OR install a childproof lock if you must keep these items in low cabinets.**
- **Store prescription medicines and over-the-counter drugs like aspirin, cough medicines, and stomachache remedies in a cabinet out of reach of children.**
- **If children are playing outside or in a pool when skies grow dark or you hear thunder, ask them to come indoors right away.**
- **Install plastic covers over all exposed electrical outlets.**

### **Children Can Help Grandparents, Too:**

- Ask children to draw a floor plan of your home and show two ways out of every room in case of fire.

### **Summary and Reminders**

- Take responsibility by planning now.
- Listen for information on radio and TV about hazardous weather and other events, and heed the advice of local officials. Leave right away if told to do so.
- In some communities, people who need help or transportation during an evacuation are asked to register that need with their local government. Call your local emergency management office for information and suggestions about what to do during an evacuation.
- Gather essential supplies, and be sure to keep a copy of your eyeglass prescription, list of medications and their dosage, and other important papers to take with you if you have to leave your home.

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