

Emergency & Disaster Preparedness Program for Seniors and Persons with Disabilities

The North Central Texas Council of Governments Office of Emergency Preparedness and the North Central Texas Area Agency on Aging have developed a program to assist senior citizens and persons with disabilities to prepare for disasters and emergencies. A comprehensive network has been established with local American Red Cross chapters and service providers to help meet your needs.

For more information about the Emergency & Disaster Preparedness Program for Seniors and Persons with Disabilities, call:

1-800-272-3921
Or
Metro (817) 695-9195

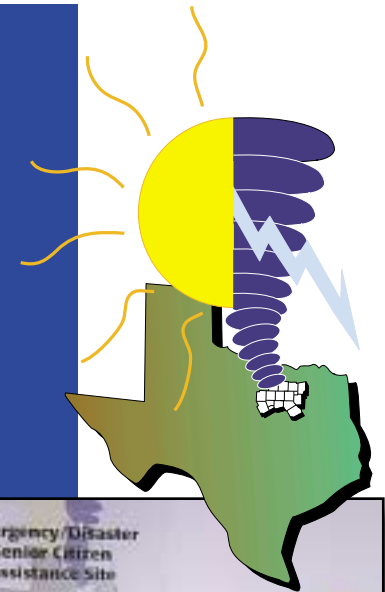
Office Hours:
Monday—Friday
8 a.m.—5 p.m.

Funded in part by the Texas Department on Aging

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North Central Texas Area Agency on Aging



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Being Prepared:

Being prepared is an exercise that many of us have done all through our lives. Preparing ahead of time for an emergency or a disruption of service is something that we all can do with a minimum of expense and time. The information shared on the following page details some common sense activities and supplies that should always be available for you to access in times of emergency.

Please take the opportunity to review the list of supplies and activities to see how prepared you may be for an emergency. You may use this checklist as a guide to assist you with the development of an emergency kit.

Are You Prepared?

- 3-5 day supply of drinking/cleaning water (one gallon per person per day)**
 - 3-5 day supply of canned goods & dry food goods (peanut butter, canned juices, crackers, cereals and a can opener)**
 - First aid kit**
 - Battery operated flashlight & radio, extra batteries, utility knife**
 - Toilet paper, soap, personal hygiene items**
 - Garbage bags, plastic sheeting, duct tape**
 - 3-5 day supply of needed medications**
 - Change of clothing**
 - Blanket**
 - Pet supplies**
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- Develop a personal plan and it share with your family, caregivers and neighbors.**
 - Make a list of emergency phone numbers and phone numbers of family and support persons.**
 - Have copies of personal papers accessible (insurance, medical cards, social security cards, etc.)**

Should you need assistance in developing your plan or like further information, please call 1-800-272-3921.