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Be Ready Caregiver Disaster Preparedness Workshops Will Be Held Statewide

FOR IMMEDIATE RELEASE

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Be Ready Disaster Preparedness for Caregivers workshops will offer emergency preparedness sessions at various locations throughout Alabama from March through May. The local partners for this project are the 13 caregiver programs at the Area Agencies on Aging and the Alabama Lifespan Respite Program.

Training will cover the essentials of what a caregiver should do to prepare for an emergency or disaster. The workshop covers the need for collecting the following:

- Emergency information sheet
- Emergency contact list
- Financial tracker
- Legal tracker
- Current medication list
- Other important forms and supplies

In this workshop caregivers will build a personalized “to go” emergency kit. Those attending are asked to bring the following:

- Emergency contact information for family, friends and neighbors
- Important cards to copy and waterproof such as social security, Medicaid/Medicare, ID/Driver license, insurance card and other applicable documents
- List of care receiver’s medications, important papers to copy, passwords to phones and computers
- Important information to include on a financial and legal tracker

A copy machine and laminator will be available at no charge for the caregiver’s use to copy important cards and papers. A “grab and go” disaster supply kit will be provided for the first 60 participants in each region attending the workshop.

Six important steps for preparedness will be discussed. These include: Be informed, take action, get a kit, make a plan for your loved one, make a plan for yourself, and communicate.

Information will also be shared on why it is important and how to have 5-7 days of medication stored in the event of an emergency, what items should be included in a “to go kit,” and an emergency supply box for sheltering in place.

Todd Cotton, Acting Commissioner for the Department of Senior Services, states, “Often caregivers are provided with important forms to complete, yet when they get home they may not find the time or energy to follow through. This workshop will give caregivers the resources to develop their toolkit on site with the equipment and supplies available to complete the task.”

Call 1-800-AGELINE or visit alabamaageline.gov for more information on dates and locations in your area. These workshops were made possible through a grant from the Alabama Department of Public Health to develop and implement emergency preparedness education for caregivers.

For more information regarding this project, contact, Julie.waters@adss.alabama.gov.