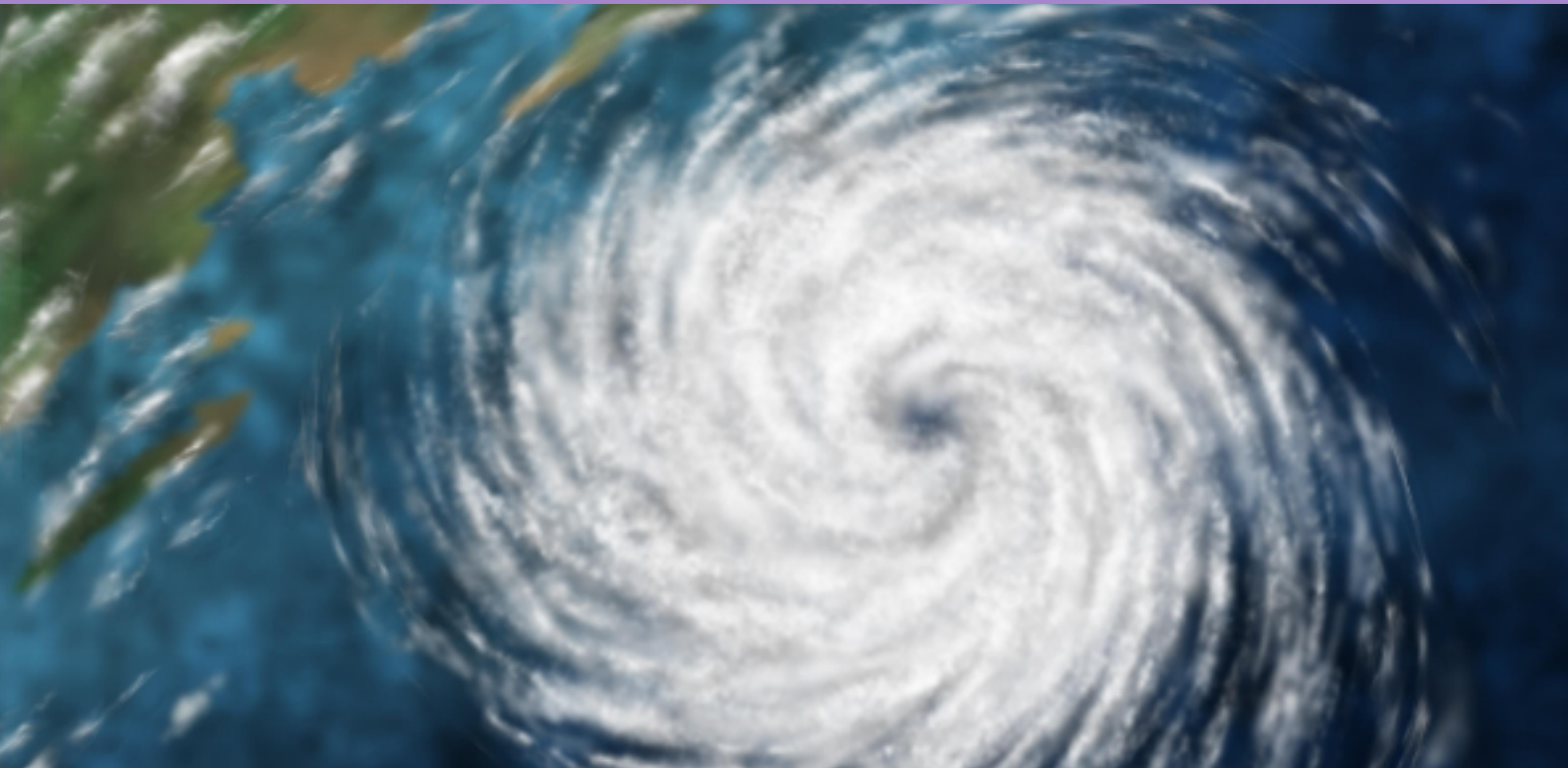


BE PREPARED FOR

HURRICANE SEASON 2020

information for care partners of those with dementia



TIPS FOR DISASTER PREPAREDNESS

**ELMCROFT OF
PINECREST**

**1150 8TH AVE SW
LARGO, FL 33770
727-581-8142**

Hurricanes and other natural disasters are always upsetting but can be especially difficult for those with dementia or Alzheimer's. It is important to be as prepared as possible so you can act quickly in case of an emergency situation. Here are some tips to help you prepare in advance. Make sure your evacuation plans take all special needs into consideration. If you need to evacuate, make sure you have registered with a special needs shelter. This must be done each year. Contact floridadisaster.org to find out details on how to register.



Hurricane Just Ahead

THINGS TO REMEMBER

EMERGENCY KIT ITEMS

- easy on & off clothes for 2 days
- velcro shoes or sneakers
- incontinence supplies
- copies of legal documents
- insurance cards
- Social Security card
- current medical records
- physician's name and phone #
- comfort foods
- favorite item for calming
- portable oxygen tanks
- extra supply of medication
- spare eye glasses
- bottled water

For more information contact the Florida Dept. of Elder Affairs for a copy of the Disaster Preparedness Guide.

Thanks to the Alzheimer's Association for information contained in this newsletter.

For more information about memory care living, contact Elmcroft of Pinecrest at 727-581-8142.

TIPS IF YOU NEED TO EVACUATE

- Don't delay - leave as early as possible, try to stay calm.
- Alert family members that you are relocating.
- Take a photo of your loved one each day in case you need help locating them if you are separated.
- Dress in brightly colored clothes for easy identification in a crowd.
- Ensure your loved one has identification on them.
- Disruption may cause agitation so be prepared for wandering.
- Stay together and keep a positive attitude.
- If your loved one becomes anxious, take a walk or redirect their attention.
- Find a quieter place.
- Make sure they are taking all medications on time.
- Be reassuring and use concrete terms, no elaborate language.
- Pay attention to body language, it may show that the person is overwhelmed.
- Approach from the front.
- Be positive and use a low, calming voice.
- Don't argue or criticize.

**Sign up for
Safe Return
with the
Alzheimer's
Association**

**24/7 helpline
1-800-272-3900**