

Take Control of Emergency Preparedness With Needs Assessment

Visit Bastrop County Office of Emergency Management  FACEBOOK PAGE and  WEBSITE at www.co.bastrop.tx.us/page/em.home
for more on mitigation, preparedness, response and recovery



When emergencies and disasters like flooding, wildland fires, and other disasters occur, those who are prepared are often those who are the most resilient, able to withstand and recover quickly to their new normal.

For older adults, faced with such situations, preparation looks a little different than for others.

In the Federal Emergency Management Agency (FEMA) publication “Take Control in 1 2 3: Disaster Preparedness Guide for Older Adults,” three preparation steps are presented: Step 1 – Assess Your Needs; Step 2 – Make A Plan; and Step 3 – Engage Your Support Network.

When **ASSESSING YOUR NEEDS**, think about key questions like the following:

- What types of disasters occur in my community, and what resources should I seek in preparing for similar disasters?
- What mobility challenges or disabilities do I need to plan for?
- Have I identified reliable transportation?
- Will I need to transport emergency supplies?

- What assistant aids will I need if displaced for a longer period of time?
- Do I have particular medications and dietary needs?
- Are my caregivers aware of my emergency plans?

Once you have and explored the best answers to your questions, you are ready to **MAKE A PLAN**.

As part of the plan, sign up for automated emergency notifications through <https://warncentraltexas.org/>. Also, make sure emergency notifications are turned on in the settings of your smartphone. You will then be alerted when it is necessary to put your plan into action like during severe weather events, evacuations and shelter-in-place.

Besides having a **Go Bag** ready in case of evacuation and an **Emergency Supply Kit** ready if you have to shelter in place, **ENGAGE YOUR SUPPORT NETWORK**. Make sure at least one person in your support network has a key to your home and knows where all emergency supplies are stored. And plan for your fur babies' emergency needs, too.

TAKE CONTROL NOW, before emergencies and disasters happen, to have a better chance of recovering quickly to what will be a new normal. To learn more, visit <https://www.ready.gov/older-adults>.

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