



Emergency Preparedness for Older Adults

Getting Started:

1. Review lesson plan before the session.
2. Copy and staple the handouts (one set for each participant).
3. Gather supplies needed for lesson.

General Supplies

1. Handouts for participants.
2. Pens or pencils for participants to write on the handouts.
3. Examples of items needed for emergency kit such as gallon of water, appropriate non-perishable food, flashlight, portable radio, spare batteries, first aid kit, and manual can opener.
4. Foods to make recipes for tasting, crackers for serving, plates, and napkins.

Beginning the Lesson

1. Introduce yourself by name and the organization you represent.
2. Summarize the lesson by stating the objectives.
3. Let the group know the lesson will be informal and they can ask questions at anytime.

Objectives for Participants

1. Learn what items are needed in a survival kit in case of an emergency.
2. Learn how to prepare nutritious meals that require no cooking.
3. Learn what items are needed for an evacuation bag.
4. Learn where the shut-off valves are for your gas, electricity, and water.
5. Develop an emergency contacts list.
6. Develop a current medications list.

Notes for the educator:

As we saw with Hurricane Katrina older adults are among the most vulnerable when disaster strikes. That's why it is important for older people and those who care for them to be prepared. In the midst of a disaster, help may not be available immediately and healthcare facilities may be closed or inaccessible.

Special Activity:

For a community service or volunteer project consider putting together a three-day emergency food supply for seniors in your area. Refer to the "Community Service/Volunteer Project" handout at the end of this lesson.



Script

Introduction

We are going to spend this class time discussing how to prepare for an emergency. How many of you currently have a plan in the case of an emergency such as a long-term power outage due to a tornado or ice storm?

Planning for an emergency that might never happen, and that we certainly hope will never happen, may not seem like a priority, but it should be. Even though your neighborhood or community may already have an emergency plan, your community is counting on individuals like you to take responsibility for being prepared at a personal level.

Step 1

(Note to Educator – This section can be taught as one class, using “Know the Basics” handout)

To get started, you will need an emergency readiness checklist (Step 1 – Know the Basics). We are providing you with a checklist. The checklist begins with the basics. First, make sure you know the location of shut-off valves for your household utilities (gas, electricity, water) and how to use them. Make sure you have any special tools you may need. Next, designate an out-of-area emergency contact, in case local phone service is disrupted. Make sure your loved ones know the emergency communications plan. Also, make it a point to meet your neighbors, in case you need to help one another in an emergency.

Later we’ll talk about foods and recipes that are easy to prepare during an emergency. Let’s try one of these recipes now. This is called “Speedy Southwest Chicken.” (Serve with crackers).

Step 2

(Note to Educator – This section can be taught as one class, using “Stay at Home” Emergency Kit, Evacuation Bag, Recommended Foods for Emergency Kit, and Food Storage Recommendations, Menu and Recipe handouts)

The second part of the emergency readiness checklist outlines the items you need to have in your home in case of emergency. These items should be kept together in an easily accessible place. You should have quantities to last at least 3 to 6 days. Remember to rotate any items with an expiration date. These items include drinking water, non-perishable food, manual can opener, scissors, a flashlight, radio, batteries, first aid kit, cell phone, and a supply of prescription



medications just to name a few. (Have everyone pull out the checklist and discuss items they already have in an emergency kit, and any items they may not have thought about).

Now we are going to identify items that you should have packed in an evacuation bag in case of an emergency. These are the things you would need to have if an evacuation became necessary. The bag should be a backpack or travel bag, preferably one that rolls and has room for all of the items needed. (Have the participants take out their copy of the evacuation bag checklist). Some of the items you want to include in your evacuation bag include personal hygiene items, a change of clothes, some bottled water, walking shoes, a blanket, and a copy of your emergency contacts list. In addition, it is important to have an emergency medical kit. This should include a two-week supply of medications in their original packaging. Although insurance companies generally don't pay for more than a month's supply of medication, you might consider filling your prescriptions a week early each month until you have a two-week supply. Another option would be to ask your doctor for an extra prescription, and pay for it yourself. At the very least, be sure to include a list of your current medications. (Refer to "Medication Summary" handout.)

During disaster situations you may not have heat, refrigeration, or water; however, eating nutritiously is important during these times to maintain your strength. You may be surprised at the variety of foods that can be prepared to provide balanced meals when no power is available for cooking. The first step in preparing an emergency food supply is to know which foods to stock. (Refer to Recommended Foods for Emergency Kit and Food Storage Recommendations handouts.) These handouts provide some ideas on the types of foods to include in your emergency supply and how to store them.

Now that we have an idea of some foods to should store in an emergency supply, let's think about how we will prepare nutritious meals and snacks. If you lose power and have no means of heating food you may still be able to enjoy tasty foods rather than cold soup. (Refer to One Day Sample Menus and Recipes.)

Let's try another recipe that requires no cooking, it's called "Quick & Hearty Ham Goulash." (Serve with crackers.)

(Note to Educator – Most of these food items can be found at local grocers including Kroger, Ingles, Publix, and Super Wal-Mart. Many single serving or travel size items can be purchased from local dollar stores or ordered online at www.minimus.biz. MREs can be purchased from military or camping supply stores. MREs cost about \$7 each and provide a days supply of food or about 2,000 calories. The three-day sample menus shown in this lesson cost just over \$45 and feed two people.)



Step 3

(Note to Educator – This section can be taught as one class, using the “Make a Personal Plan” handout)

Lastly, make a personal plan. Do you have any special needs? If so, how will they be met in an emergency? If you have limited mobility or are disabled, you may be able to register with your local fire department or office of emergency services for special assistance. If you use an electric wheelchair or scooter, consider keeping your old, unpowered model around for emergency use. If you are receiving home healthcare services, ask your provider about emergency procedures. Your emergency readiness checklist includes a section for your personal plan. Please make sure you list any special needs you may have.

I know that completing your emergency readiness checklist will take some time and attention. But just remember, we’re talking about your safety, your home, and your peace of mind in knowing you’re prepared. Invest the time today, and then get on with your life. It’s the smart thing to do, just in case you ever have an emergency.

Let’s finish up our session by trying another easy recipe that needs no cooking. This one is called “Walnut Chicken Salad.” (Serve with crackers.)



References

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EMERGENCY READINESS CHECKLIST

STEP 1: KNOW THE BASICS

- ___ The most important disaster issues for the area where I live.
- ___ The recommended life-saving responses for disasters that could strike with little or no warning.
- ___ If there were an evacuation order, the recommended route from where I live? My evacuation transportation options. The location of the nearest emergency shelter.
- ___ The location of shut-off valves for my household utilities (gas, electricity, water) and how to use them. If they take a special tool, then it should be kept right there, ready to use.
- ___ Designate an out-of-area emergency contact, in case local phone service is disrupted. Make sure my loved ones know the emergency communications plan.
- ___ Make it a point to meet my neighbors, in case we need to help one another in an emergency.



EMERGENCY READINESS CHECKLIST

STEP 2: HAVE ESSENTIAL EMERGENCY SUPPLIES READY

“Stay at Home” Emergency Kit – pull these items together for quick, easy access in your home; have quantities to last at least 3 to 6 days. Rotate any items with expiration or “use by” dates:

- _____ Drinking water (at least one gallon per person per day)
- _____ Food (non-perishable; ready to eat)
- _____ Cell phone
- _____ Flashlight
- _____ Light sticks (found in sporting goods or camping supply departments)
- _____ Portable radio
- _____ Extra batteries
- _____ First aid kit
- _____ Waterproof matches
- _____ Hand-operated can opener
- _____ Scissors or knife
- _____ Supply of prescription medicines
- _____ Current medications list
- _____ Emergency contacts list
- _____ Cash or traveler’s checks

**Note any other items you want to include in your Emergency Kit*



EMERGENCY READINESS CHECKLIST

STEP 3: HAVE ESSENTIAL EMERGENCY SUPPLIES READY

Evacuation Bag – have a backpack or bag (preferably one on rollers) that has room for your “Stay at Home” supplies and is also ready to go with these items:

- _____ Personal hygiene items (toilet paper, alcohol wipes, etc.)
- _____ Change of clothing
- _____ Compact rain slicker
- _____ Good pair of walking shoes
- _____ Extra bottle or two of water
- _____ Blanket or sleeping bag
- _____ Disposable dust masks
- _____ Copy of emergency contacts list

Emergency Medical Kit:

- _____ Two-week supply of medications in original packaging
- _____ Medical equipment (blood sugar monitor, blood pressure cuff, hearing aid batteries, etc.)
- _____ Written information about medical treatment (copy of your medical records from doctor, list of medication names and doses)
- _____ Extra eyeglasses

Additional Precautions:

- _____ Gas tank kept at least half full
- _____ Emergency supply of pet food

**Note any other items you want to include in your Evacuation Bag*



Recommended Foods for Emergency Kit Stock at Least a Three Day Supply

Beverages

- Water (1 gallon per person per day)
- Canned fruit and vegetable juices
- Milk (dry, canned, or evaporated)*
- Instant coffee or tea
- Prepackaged beverages (foil packets and foil-lined boxes)

Lunch or Evening Meal

- Canned beans (good source of fiber and complex carbohydrates)*
- Canned chicken, ham, pork, salmon, tuna, crabmeat, shrimp (good quality protein)*
- Canned vegetables*
- Canned soups*
- Freeze-dried foods
- MREs – meals ready to eat (Lightweight and require little or no preparation. Look for them at military and camping supplies stores.)*

Other Items

- Can opener
- Scissors or knife (for packaged foods)
- Disposable plates, bowls, cups, and utensils

Breakfast

- Canned fruit and fruit juice
- Dried fruit (raisins, prunes, apricots, etc.)
- Ready to eat cereal
- Instant oatmeal
- Breakfast and granola bars
- Crackers with jam or peanut butter

Snacks

- Canned puddings*
- High protein drinks
- Canned nuts (peanuts, walnuts, almonds)
- Fruit (canned or dried)
- Trail mix
- Comfort foods such as cookies and candy
- Beef jerky
- Granola bars
- Peanut butter
- Dry, crisp crackers
- Travel size condiments



*Discard these items if left at room temperature for more than two hours after opening.



Food Storage Recommendations

How long can food supplies be stored?

To judge how long you can store food supplies, look for an “expiration date” or “best if used by” date on the product. If you cannot find a date on the product, then the general recommendation is to store food products for six months and then replace them. It’s also a good idea to date the foods when you purchase them if the item is not dated. Canned foods have a shelf life of at least two years from the date of processing.

Some households find it helpful to pull food products for their regular meals from their disaster supplies kit and replace them immediately on an ongoing basis, so the food supplies are always fresh.

What kinds of food supplies are recommended to store in case of a disaster?

Take into account your unique needs and tastes. Familiar foods can lift morale and give a feeling of security in times of stress. Try to include foods that you will enjoy and that are also high in calories and nutrition.

Select foods that require no refrigeration, preparation or cooking, and little or no water. Canned foods won’t require cooking, water or special preparation. Foods that are compact and lightweight are easy to store and carry. Military and camping supply stores often carry lightweight and ready-to-eat meals that require little or no preparation.

Store supplies of non-perishable foods and water in a handy place. You need to have these items packed and ready in case there is no time to gather food from the kitchen when disaster strikes. Sufficient supplies to last three to six days are recommended.





EMERGENCY READINESS CHECKLIST

STEP 4: MAKE A PERSONAL PLAN

- If I have any special needs, do I have a plan for meeting them in an emergency?
- Mobility issues?
- Reliance on medical equipment that requires electric power?
- Incontinence supplies?
- Other:
- If I am receiving home health services, have I discussed emergency procedures with my home health provider?
- If I live in a senior living community, am I familiar with its emergency planning and procedures?

**Note any other personal issues to consider*



Day One Menu

Breakfast

Cold Raisin Oatmeal (recipe provided)
100% orange juice, 6.75-ounce pouch
Instant coffee or tea

Snack

Applesauce, ½ cup
Peanut butter, 1 tablespoon
Graham crackers, 2 rectangles

Lunch

Speedy Southwest Chicken (recipe provided)
Peaches, canned in juice, 4 ounces
Pudding, canned, 4 ounce cup

Snack

Nutritional shake, 8 ounce can

Evening Meal

Quick & Hearty Ham Goulash (recipe provided)
Crackers, 6
Dry milk, 1/3 cup, mixed w/ 1 cup water

Snack

Mixed nuts, ¼ cup
Tomato juice, 6-ounce can, low sodium

Nutrition Facts			
Serving Size One Day Menu (1928g)			
Amount Per Serving			
Calories	1837	Calories from Fat	414
% Daily Value*			
Total Fat	48g		74%
Saturated Fat	10g		48%
Trans Fat	0g		
Cholesterol	68mg		23%
Sodium	3580mg		149%
Total Carbohydrate	283g		94%
Dietary Fiber	32g		128%
Sugars	133g		
Protein	84g		
Vitamin A	459%	Vitamin C	288%
Calcium	94%	Iron	131%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4
NutritionData.com			



Day Two Menu

Breakfast

Whole grain, ready-to-eat, cereal, 1 cup
Milk, dry, 1/3 cup, mixed with 1 cup water
100% Orange juice, 6.75-ounce pouch
Instant coffee or tea

Snack

Granola bar

Lunch

Simple Salmon Marmalade (recipe provided)
Crackers, 6
Green beans, 1/2 can, drained
Applesauce, 1/2 cup

Snack

Peaches, canned in juice, 4-ounce

Dinner

Walnut Chicken Salad (recipe provided)
Butter beans, 1/2 can, drained
Milk, dry, 1/3 cup, mixed with 1 cup water
Pudding, 4-ounce cup

Snack

Tomato juice, 6-ounce can
Cheese sandwich crackers, 3

Nutrition Facts			
Serving Size Entire recipe (1307g)			
Amount Per Serving			
Calories	1811	Calories from Fat	504
		% Daily Value*	
Total Fat	58g		89%
Saturated Fat	8g		40%
Trans Fat	0g		
Cholesterol	103mg		34%
Sodium	1553mg		65%
Total Carbohydrate	260g		87%
Dietary Fiber	21g		86%
Sugars	150g		
Protein	77g		
Vitamin A	113%	Vitamin C	314%
Calcium	223%	Iron	187%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

NutritionData.com



Day Three Menu

Breakfast

Whole grain cereal, ready-to-eat, 1 cup
 Milk, dry, 1/3 cup mixed w/ 1 cup water
 Peaches, canned in juice, 4 ounce
 Instant coffee or tea

Snack

Chili, vegetarian with beans, 1/2 can

Lunch

Tuna Salad (recipe provided)
 Crackers, 6
 Pudding, 4-ounce cup
 100% orange juice, 6.75-ounce pouch

Snack

Chocolate chip cookies, 2
 Milk, dry, 1/3 cup mixed w/ 1 cup water

Evening Meal

Sweet and Spicy Spam (recipe provided)
 Sweet potatoes, 1/2 can, drained
 Cut yellow squash, 1/2 can, drained
 Milk, dry, 1/3 cup mixed w/ 1 cup water

Snack

Applesauce, 1/2 cup
 Graham crackers, 2 rectangles
 Peanut butter, 1 tablespoon

Nutrition Facts			
Serving Size One Day Menu (1362g)			
Amount Per Serving			
Calories	1868	Calories from Fat	457
		% Daily Value*	
Total Fat	52g		80%
Saturated Fat	12g		62%
Trans Fat	0g		
Cholesterol	77mg		26%
Sodium	3141mg		131%
Total Carbohydrate	276g		92%
Dietary Fiber	23g		94%
Sugars	145g		
Protein	81g		
Vitamin A	257%	• Vitamin C	271%
Calcium	226%	• Iron	185%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber		25g	30g
Calories per gram:			
Fat	9	• Carbohydrate	4
		• Protein	4
NutritionData.com			



Cold Raisin Oatmeal

Serves 2

Ingredients:

- 2 packets instant oatmeal
- 1/3 cup dry milk
- 1 cup water
- 1/2 cup raisins, or other dried fruit
- 2 teaspoons sugar

Directions:

Mix all ingredients and let stand for five minutes. Divide oatmeal into two bowls, enjoy.





Speedy Southwest Chicken

Serves 2

Ingredients:

- 5 ounce can chicken breast*, drained
- 8 ½ ounce can corn, drained
- 8 ½ ounce can diced tomatoes w/ green chili (or herbs and seasoning of your choice), drained



Directions:

Mix all ingredients, divide meal in two, enjoy.

Quick & Hearty Ham Goulash

Serves 2

Ingredients:

- 5 ounce can chunked ham*
- 8 ½ ounce can baked beans, undrained
- 8 ½ ounce can mixed peas and carrots, drained

Directions:

Mix all ingredients, divide meal in two, enjoy.



* Can be substituted with canned fish, poultry, or meat of your choice.



Easy Orange Marmalade Salmon

Serves 2

Ingredients:

- 5 ounce can salmon*, drained
- 2 tablespoons (2 packets) orange marmalade
- Dash seasoning to taste



Directions:

Mix all ingredients, divide meal in half, enjoy.

Walnut Chicken Salad

Serves 2

Ingredients:

- 5 ounce can chicken breast*, drained
- 2 tablespoons (2 packets) mayonnaise
- ½ cup chopped walnuts
- ½ cup raisins (or other dried fruit)



Directions:

Mix all ingredients, divide into two bowls, enjoy.

* Can be substituted with canned fish, poultry, or meat of your choice.



Tuna Salad

Serves 2

Ingredients:

- 5 ounce can tuna*, drained
- 2 tablespoons (2 packets) mayonnaise
- 1 tablespoon (2 packets) relish

Directions:

Mix all ingredients and divide into two bowls.



Sweet and Spicy Spam

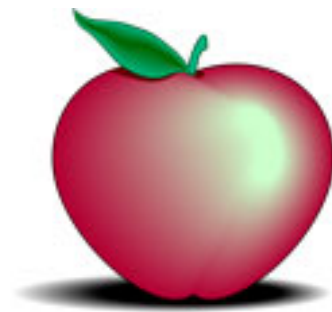
Serves 2

Ingredients:

- 2 single serving packets Spam* (3 oz each)
- 2 tablespoons (2 packets) apple jelly
- 1 teaspoon (1 packet) spicy brown mustard

Directions:

Mix all ingredients and divide into two bowls.



* Can be substituted with canned fish, poultry, or meat of your choice.



Community Service/Volunteer Activity

Looking for a way to help your community prepare for an emergency? Consider putting together a three-day emergency food supply for seniors in your area. The second page of this handout is a grocery list of the foods needed for the three-day menus discussed in this lesson. In addition this list provides the cost of preparing a three-day emergency food supply for two people.

Most of these food items can be found at local grocers including Kroger, Ingles, and Publix, as well as at department stores such as Super Wal-Mart. Many single serving or travel size items can be purchased from local dollar stores or ordered online at www.minimus.biz. Meals-ready-to-eat (MRE) can be purchased from military or camping supply stores. MREs cost about \$7 each and provide one day's supply of food (about 2,000 calories). Storage tubs and bags as well as disposable plates, bowls, cups, utensils and other kitchen items can be found at local dollar stores, grocers, and department stores.



Nutrition For Older Adults' Health

<u>Food item</u>	<u>Amount</u>	<u>Cost \$</u>
Whole grain cereal	16 ounce box	1.89
Instant oatmeal	2 packets	0.32
100% Juice	6 pouches (6.75 ounces each)	2.21
Instant coffee	4 ounce jar	1.99
Nutritional shake	2 cans (8 ounces each)	1.62
Raisins	4 boxes (1.5 ounces each)	1.13
Mixed nuts	2 bags (1 ounce each)	1.00
Peaches	6 pack (4 ounce cans)	1.89
Dry milk	9.6 ounce box	1.99
Applesauce	6 pack (4 ounce cups)	1.34
Peanut butter	18 ounce jar	1.00
Graham crackers	1 box (16 ounces)	1.67
Vegetarian chili	15 ounce can	0.88
Spam, single serving pouch	2 pouches (3 ounces each)	1.94
Chicken breast, canned	2 cans (5 ounces each)	2.38
Chunked ham, canned	5 ounce can	1.69
Tuna, canned	5 ounce can	0.52
Salmon, canned	5 ounce can	1.39
Whole kernel corn, canned	8.5 ounce can	0.44
Diced tomatoes w/ green chili, canned	10 ounce can	0.82
Baked beans, canned	8.5 ounce can	0.55
Mixed peas and carrots, canned	8.5 ounce can	0.44
Orange marmalade	2 single serving packets	0.30
No-salt herb seasoning	2.5 ounce container	1.59
Mayonnaise	4 single serving packets	0.64
Walnuts	1/2 cup bag	1.19
Relish	2 single serving packets	0.46
Apple jelly	2 single serving packets	0.32
Crackers, dry, crisp	1 pound box	1.50
Green beans, canned	8.5 ounce can	0.44
Pudding	6 cups (4 ounces each)	1.37
Chocolate chip cookies	4 pack	0.69
Granola bar	2 bars	0.33
Sweet potatoes, canned	15 ounce can	0.79
Cut yellow squash, canned	15 ounce can	0.89
Butter peas, canned	15 ounce can	0.89
Vegetable juice	4 cans (6 ounces each)	1.48
Crackers with cheese filling	6 sandwich crackers (1 travel size pack)	0.26
Water	6 gallons	3.84
Total	3 Day Supply for 2 Persons	46.08