



"In-Home Care Specialists"

Cincy Senior Corner

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PREPARING FOR DISASTER

With the recent disaster in Haiti and the September/08 Cincinnati windstorm still somewhat in our minds, there is a lot of planning and discussion going on to prepare for any future disasters. We have been to several presentations regarding what is being done for seniors and those who are not that mobile. It is usually pointed out that these groups are especially vulnerable in a time of crisis.

While there are many things that can and should be done to prepare, two that we have heard stand out.

1. **Food:** Peanut Butter has a long shelf life and is high in protein. Make sure you and anyone you know has some on the shelf.
2. **Safety for Seniors:** Much is being said about knowing where seniors, who will struggle during a disaster, live in the community. Several fire departments have developed programs to map out the locations of these seniors ahead of time. However, due to HIPAA Privacy Laws, the Fire Department is not allowed to inquire about anyone's particular situation.

Our Advice: Stock your pantry with some nonperishable food items. Call your local Fire Department and ask if they are mapping people who will need immediate help in the event of a disaster. Tell them the location and situation of your loved one; again, they are not allowed to ask.

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