

# Emergency Action Plan

## Are You Prepared?



**Lighthouse Senior Care Consultants are here to help you and your loved ones through times of critical needs**

This plan gives you insights of Aging Life Care Professionals™ as we all navigate through the possible phases of prevention, preparedness, response, and recovery.



### **Aging Seniors**

Our elderly population is a high risk group with many special considerations.



### **Family and Friends**

Caregivers also need help through these tough times managing home responsibilities and care of loved ones.

**1**

### **PREVENT**

Proactive actions you can take to understand risks and create plans to manage them.

**2**

### **PREPARE**

Mitigating actions you can take to improve your situation prior to the event of crisis.

**3**

### **RESPOND**

What to do in the event of an emergency. In the moment is not the time to figure this out.

**4**

### **RECOVER**

How to systematically adapt to the effects of the event.

In today's ever-evolving world, seniors are faced with a myriad of challenges. These range from access to medical care to grocery shopping. What used to be everyday activities can now be prohibitive for seniors. We have built a framework of considerations to mitigate some of these challenges and help protect our senior community.

## Seven Areas to Consider

Prior to, during, or after a crisis, it is never too early to implement these critical actions.



### 1. Family Communication

Family phone tree, Facebook family group, video conferencing tools: ie. Facebook Messenger, Zoom, FaceTime, Skype, smart phone, tablet, or computer to aid in video conferencing.

### 2. Medical Care

Medications and conditions list, medical professionals list, telehealth options, necessity of in person appointments/rescheduling, medical monitoring, access to medications, prescription delivery services, prepackaged medications and delivery, level of medical care desired.

### 3. Supplies

Variety of groceries such as ready to eat, fresh and shelf stable, CDC recommended cleaning supplies, PPE for necessary outings, hygiene products, extra assistive devices such as glasses, hearing aids batteries.

### 4. Caregivers

Family caregivers identified, secondary plan if family caregiver gets sick or is not available, extended caregiver network: ie. friends, neighbors and home health care agencies, hospitals of choice.

### 5. Services

Lawn care, housekeeping, grocery delivery, cooking, laundry, companionship, care management, veterinarian, pet care.

### 6. Legal

Wills, Trusts, Power of Attorneys, Advanced Medical Directives.

### 7. Morale and Wellness

Communication with friends and family, connections to church, scheduled meetings, alternate and contingency methods of communicating, life enrichment through mental stimulation, puzzles, games, virtual museum tours.

## THE CONSIDERATIONS CAN SEEM OVERWHELMING

We are here to help guide you through the storm.

### FOR MORE INFORMATION:

Call (703) 282-2969 or email [info@lighthouseseniorcare.com](mailto:info@lighthouseseniorcare.com)  
or visit our website at [www.lighthouseseniorcare.com](http://www.lighthouseseniorcare.com)

