

# **Bloomingtondale Aging in Place**

P. O. Box 497, New York, NY 10025

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## **Emergency Safety Review**

**(Compiled from the April 30, 2009 public panel discussion)**

Speakers: Shelly Raffle, MPA (Visiting Nurse Service of New York); Detective McDonnell, 24<sup>th</sup> Precinct (NYPD); Debra Drelich, LMSW (New York Elder Care Consultants); Stephanie Maddalone, (Educator for Phillips Lifeline Co.).

If you fall in the street or have a medical emergency, you need to be just as prepared as if there were a city-wide emergency. Here are some essentials:

1. Identification (copies of ID papers, credit cards)
2. Cell phone
3. Medication list including doses and start dates.
4. Important contacts – family, physician, pharmacy (see list on other side of this sheet). Also include one out-of-town contact in case the out-of-state communication system is the only one that works.

•**Make several copies.** Keep one **in wallet or purse**, one on the **refrigerator** (the first place the firemen and police look), and one on a bulletin board or **near a phone**.

•Be sure to have your **“Go bag”** packed and ready because the police and firemen don’t wait. What belongs in your bag? All of the above, plus list on the other side of this sheet.

•**Documents to have ready in case of medical emergencies.** Forms for these are available at stationery stores like Staples.

1. *Health Care Proxy*. This designates someone to make health care decisions for you if you become unable to make them for yourself. The form requires two witnesses.
2. *Power of Attorney*. This designates someone to handle your finances if you are unable – pay your bills, for example. It must be notarized.
3. *Preferred Hospital*. This is a note to the ambulance company, which they will probably honor unless they deem it too much of a risk.

Give copies to your caregiver and primary care physician, and keep in a visible spot—desktop or next to address book.

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### **•What belongs in your “Go bag”?**

- Copies of important documents like insurance cards, Medicare/Medicaid cards, proof of address, birth certificate.
- Extra set of car and house keys
- Copies of credit and ATM cards, plus \$100 in cash, small bills
- Bottled water and non-perishable foods, like protein bars
- Flashlight, battery- or crank-operated AM/FM radio, extra batteries (check and change every 3-6 months)
- List of medications you take, why you take them, and dosages
- Sturdy, comfortable shoes, lightweight raingear
- Contact information for your household/members of your support network
- Notepad and pen
- Backup medical equipment

### **•Emergency info to always carry and post on refrigerator:**

- Emergency contacts
- Health care proxy info and how to contact
- Primary physician and main specialists
- Preferred hospital
- Current medications and dosages
- Current medical conditions

### **•For more free information:**

Call 311 and request “Ready New York” for senior and disabled residents. It will be mailed or emailed to you free of charge.