



**American  
Red Cross**  
of Greater Indianapolis

# Be Red Cross Ready



## Plan for older adults

The American Red Cross recommends that older adults create a personal support network made up of several individuals who will check in on them in an emergency to ensure their wellness and to give assistance if needed. This network can consist of friends, roommates, family members, relatives, personal attendants, co-workers and neighbors. The relationship should be mutual. Each should learn about the other's needs and how to help each other in an emergency.

Identify a minimum of three people at any location where you regularly spend a significant part of your week — for example, work, home, school or volunteer sites. The following are things to think about when creating your personal support network and developing your emergency preparedness plan:

- Prior to an emergency, make arrangements for your support network to check on you immediately after a disaster and offer assistance if needed.
- Exchange important keys.
- Show where you keep emergency supplies.
- Share copies of your relevant emergency documents, evacuation plans and emergency health information card.
- Agree to and practice a communication system to contact each other in an emergency. Don't count on the phones working.
- You and your personal support network always should notify each other when you're going out of town and when you'll return.