



## GO-KIT FOR OLDER ADULTS, PEOPLE WITH DISABILITIES/CHRONIC CONDITIONS

*Don't wait for disaster to strike – get prepared!*

Older adults, people with disabilities, and people with chronic conditions may require special planning for emergencies. Create a Go-Kit specific to your/their needs using items listed below.

- ☐ A hard copy of information  
(meeting places, phone numbers, & directions or instructions)
- ☐ Food and special dietary needs
- ☐ Water
- ☐ Extra shoes/slippers
- ☐ Blanket
- ☐ Spare walking & white canes, folding walkers, folding shower chairs, or other mobility aides
- ☐ Wheelchair, non-motorized
- ☐ Extra battery for motorized wheelchair
- ☐ Hearing aids with extra batteries
- ☐ Dentures and denture care items
- ☐ List of model & serial numbers for medical devices, chairs, or equipment
- ☐ Extra medical items like oxygen, catheters, diabetes monitors, etc.
- ☐ Extra medication rotated regularly
- ☐ Extra pair of glasses  
(not older than a year)
- ☐ EpiPens
- ☐ Personal sanitary items  
(protective undergarments, wipes, disposable bags, ties)