



**ADRC**  
**HAWAII**

AGING AND DISABILITY RESOURCE CENTER

**PERSON CENTERED EMERGENCY**

**SUPPORT PLAN FOR:**

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## PERSONAL INFORMATION

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_

DOB: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ ALT NUMBER: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

### EMERGENCY SUPPORT PEOPLE - CONTACT INFORMATION

\*\*\* NOTE – if you are having a medical emergency – call 911 FIRST\*\*\*

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

SUPPORT TYPE: \_\_\_\_\_

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

SUPPORT TYPE: \_\_\_\_\_

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

SUPPORT TYPE: \_\_\_\_\_

NAME: \_\_\_\_\_ RELATION: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_ ADDRESS: \_\_\_\_\_

SUPPORT TYPE: \_\_\_\_\_

# My One Page Profile

*A one-page profile is a place to share information that will help others assist you in an emergency. It is also a place to communicate who you are, your needs and things that are important to you. The one page profile helps build a personal connection between yourself and those who are able to assist you during an emergency.*

**Place your Picture Here**

Your Name:

Your DOB:



What people appreciate about me:

What is important to me:

How to support me during an emergency:



## Potential Needs and Resources

Transportation Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Grocery Shopping Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Home Delivered Meal Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Personal Care Support Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Mental Health Support Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Medication Management Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Housing/ Shelter Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Wound Care Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Overnight Support Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Pick up prescriptions Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Oxygen/ C-PAP Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

## Potential Needs and Resources

Post office/Mail

Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_\_

Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_\_

Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_\_

Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_\_

Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_\_

Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

\_\_\_\_\_

Identified resource: \_\_\_\_\_

Contact Info: \_\_\_\_\_

Senior/Disabled

Identified resource: Aging and Disability Resource Center

Resources

Contact Info: East HI – 808-961-8626

West HI – 808-323-4392

## Medical Information

Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Gender: \_\_\_\_\_

Blood Type: \_\_\_\_\_

Primary Care Provider: \_\_\_\_\_

Phone \_\_\_\_\_

Specialized Medical Provider: \_\_\_\_\_

Phone \_\_\_\_\_

Specialized Medical Provider: \_\_\_\_\_

Phone \_\_\_\_\_

Power of Attorney: \_\_\_\_\_

Phone \_\_\_\_\_

Insurance: \_\_\_\_\_

Allergy	Reaction	Medication

### Special Considerations:

\_\_\_ Contact Lenses/Glasses

\_\_\_ Hearing Aid/ Batteries

\_\_\_ Dentures

\_\_\_ Metal in Body/Pacemaker

\_\_\_ Cane/Walker/Wheelchair

\_\_\_ Service Animal

\_\_\_ Completed POLST

\_\_\_ Advance Directives

\_\_\_ Do Not Resuscitate

\_\_\_ Religious Preference \_\_\_\_\_

### Chronic Medical Conditions (check all that apply):

\_\_\_ Diabetes

\_\_\_ Epilepsy

\_\_\_ Alzheimer's/dementia

\_\_\_ Heart Disease

\_\_\_ Arthritis

\_\_\_ COPD

\_\_\_ Physical Disability

\_\_\_ Other

## Medical Information Continued

Dietary Restrictions:

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Prescription	Dosage	Frequency	Reason for Taking

ADDITIONAL MEDICAL INFORMATION:



# My Emergency Kit


- Hand Sanitizer
- Toilet Paper
- Back up medications/Pill box
- Water
- Mini First Aid Kit
- Soap
- Toothbrush
- Copy of PCT/Emergency Plan
- Gloves
- Back up face masks
- Non-Perishable food items
- Pet food
- Photos of important documents (ID, insurance cards, etc.)
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

## Support Plan Tips

1. Review completed plans regularly to make sure your resources are still available – revise plan as necessary over time.
2. Make sure those who will help support your plan and needs in case of pandemic or disaster are aware of their role and willing to assist as needed.
3. When creating your emergency kit, include items that you cannot do without for a few days as well as items that will protect you against disease.
4. Keep this plan with your emergency kit so that you can easily access it if needed.
5. Provide a copy of your plan to your family/caregivers and other trusted people in your life so they can help initiate your plan if needed.

### ***Stopping the Spread of Disease or Infection***

#### ***\* Tips for a Pandemic or Infectious Outbreak \****

- 1) Safer At Home - Stay at home and only go out when necessary
- 2) Practice Social Distancing whenever possible  

- 3) MASK UP - Use a face covering in public or when meeting with others
- 4) Wash or Sanitize your hands Frequently
- 5) Disinfect and clean all “high-touch” surfaces or objects
- 6) Consider getting vaccinated if a vaccine exists
- 7) If you are sick - Stay Home

**HELP KEEP US SAFE - DO YOUR PART**

## **BE DOCUMENT READY**

- 1. Record, photograph, and update important documents**
- 2. Store them in a secure place like a strong box, home safe or bank safe deposit box.**
  - Birth Certificate
  - Current Medication List
  - Marriage Certificate
  - Driver's License or State ID Numbers
  - Credit and debit Card Numbers
  - Health Insurance Card Numbers
  - Bank Account Information
  - Advanced Healthcare Directive
  - Last Will or Living WILL
  - Property Deeds

**Tips: Set up automatic deposit of checks to avoid difficulties after a disaster.**

**Tips: Talk with your pharmacists and get medication earlier than your normal refill date.**

**REMINDER: Do not share personal information with people you do not know. Do not provide personal information such as Social Security number, Bank account numbers and credit card information to callers. Always verify you are talking to a trusted person/agency before sharing personal information.**

## **PREPARING TO “SHELTER-IN-PLACE”**

To “shelter in place” means to stay in a small space indoors like an interior room during a disaster. Hawai’i County Civil Defense strongly encourages you to always evacuate if directed to do so. Remember, they are trained professionals and have access to a great deal of information to help you make the best decision about your safety and risk reduction. If you choose to shelter-in-place, here are some safety tips for preparing your home:

- 1. An interior room with a toilet and sink is best.**
- 2. Store personal toiletries, medication supply, and health aids in the interior room.**
- 3. Stock with bottled water and food. Canned items with flip tops are easy use.**
- 4. Close all doors and windows. In the event of a hurricane, all glass windows should be covered to minimize the possibility of glass shattering and causing injury.**
- 5. Ensure hallways and exit paths are clear.**
- 6. Store flammable objects away from the stove or any heat sources and from people.**
- 7. Close all vents and turn off all motors and fans to keep inside air in and outside air out.**
- 8. Tell your support network that you are sheltering in place and your location.**
- 9. Listen to the radio and/or TV for public announcements. Bring extra batteries.**
- 10. Put a “sheltering in place” sign in a window visible, so if you are unable to get out after an “all-clear” message is given, someone will come to look for you.**

## **PREPARING FOR EMERGENCY SHELTERS**

In some cases, it will be necessary to evacuate your home and go to an emergency shelter. It is important to know your needs and the services available to you ahead of time. Check with your County Civil Defense Agency on:

- 1. Where is the nearest shelter?**
- 2. If you have special medical needs, call the nearest special needs shelter and have them decide ahead of time.**
- 3. How will you get from your home to the shelter?**
- 4. If the elevator does not work, how will you get down the stairs?**
- 5. If you know you will require assistance getting down the stairs or to a shelter, it is important to contact those who will be helping you before a disaster occurs.**
- 6. Do you have a pet or service animal? Call Civil Defense to find out the nearest shelter that accepts animals.**

Not all shelters may be open in an emergency. During an emergency, listen to the local radio and or contact your County Civil Defense Agency to check which shelters are open, whether they are special needs shelters, and if they accept pets.

If you do evacuate to a shelter, inform family and neighbors of which shelter you are using. Depending on the type of emergency, evacuation shelters may not have cots, food, running water or electricity.

## **HAWAI'I COUNTY AND OTHER IMPORTANT CONTACTS**

Emergency, Police, Fire, Ambulance.....911  
Poison Hotline.....800-222-1222  
American Red Cross.....808-935-8305(Hilo), 808-326-9488(Kona)  
Hawai'i County Civil Defense Agency (Shelter Information)... 808-935-0031  
Hawai'i County Department of Water Supply Hilo Operations....808-961-8790  
Hawai'i County Department of Water Supply Ka'u Operations...808-929-9111  
Hawai'i County Department of Water Supply Kona Operations..808-322-0600  
Hawai'i County Department of Water Supply Waimea....808-887-3030  
Hawai'i State Emergency Management Agency.....808-733-4300  
Hawai'i State Health Department.....808-974-6001  
Hawai'i Electric Light (Helco) Outage.....808-969-6666  
Hawai'i Gas.....808-935-0021(Hilo),808-329-2984(Kona)  
Hawai'i Telecom .....808-643-6111(Residential) 808-643-3456(Wireless)  
Human Services Hotline(AUW).....211  
National Weather Service.....808-935-8555  
Spectrum Cable.....808-643-2337  
United States Geological Survey.....1-888-ASK-USGS (1-888-275-8747)  
United States Geological Survey Hawai'ian Volcano Observatory 808-967-8862

## **VALUABLE WEB RESOURCES**

### **COUNTY OF HAWAI'I**

County of Hawai'i County of Hawai'i Civil Defense Messages and Alerts:  
<http://www.Hawaiicounty.gov/active-alerts>

Aging & Disability Resource Center

[www.hcoahawaii.org](http://www.hcoahawaii.org)



**~~Planning is bringing  
the future into the  
present so that you  
can do something  
now.~**

**Alan Lakein**



**AGING AND DISABILITY RESOURCE CENTER**

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