



PERSON CENTERED EMERGENCY

SUPPORT PLAN FOR:

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

Name:

Age



Picture

What people appreciate about me:

What is important to me:

How to support me:

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:

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.

A FRIENDLY REMINDER

YOU CAN HELP STOP COVID-19

1) Safer At Home - Stay at home and only go out when necessary

2) Practice Social Distancing whenever possible

<———— 6' ———>

3) MASK UP - Please use a face covering when leaving home or meeting with others

4) Wash or Sanitize your hands Frequently

5) Wipe down and Disinfect routinely all commonly touched surfaces

6) 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.

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 Telecom808-643-6111(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

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

Alan Lakein



AGING AND DISABILITY RESOURCE CENTER

This program was funded in part by the County of Hawai'i, Hawai'i State Executive Office on Aging, and through Title III of the Older Americans Act.