

# Be Ready for Winter Weather

Winter storms can happen without warning. As a caregiver, you may not be able to reach those you are taking care of right away. Being prepared will minimize any hardships you might have to endure. Here are some tips to help you **PREPARE**.

**P**



## **PLAN Ahead**

When winter storms happen, you won't have much time to act. Have a plan for keeping your loved ones warm. Purchase extra warm clothes, blankets, hats, and mittens. Have extra road salt ready to salt your loved ones' driveways and sidewalks after the storm.

**R**



## **REQUEST Annual Maintenance Appointments**

Schedule heating and air conditioning system maintenance appointments for the seniors you care for. Check the house for air leaks and poor ventilation. Upgrade the insulation, if needed, and add caulk to minor gaps near the windows.

**E**



## **Gather Your EMERGENCY Supplies**

Make sure the people you are caring for (and their pets!) have a three-day supply of water and shelf-stable meals, and a seven-day supply of their medications. Flashlights, batteries, a first aid kit, and toiletries are also helpful. See the back for a checklist!

**P**



## **PROTECT Your Car**

Winterize all vehicles. Check the antifreeze levels, make sure the heater and defroster work properly, put snow tires on the car, and store an emergency kit in the trunk or back seat.

**A**



## **ACT Out Your Plan**

Rehearse your plan with your loved ones to ensure they stay warm and know where their emergency supplies and contact information are located. Educate them on heating their home and potential fire hazards from additional heat sources like space heaters.

**R**



## **REMAIN Informed about Weather Conditions**

Know about the upcoming winter storms and how they could potentially affect the seniors you're caring for. Find out what type of warning systems are in place. If a winter storm does occur, stay calm and be patient. Watch TV or listen to the radio for storm updates.

**E**



## **ENLIST Help from Others**

Create a support network of friends, family, and neighbors. Exchange keys with them. Show them where your loved ones keep their emergency supplies. Know how to contact each other and have an alternative plan in the event that phones aren't working.



Complete the top portion with contact information of trusted neighbors and friends and keep with your emergency supplies. For information on ordering shelf-stable meals, call GA Foods at 866-575-2772.

Emergency Contact Information			
Name:	Phone Number:		
Name:	Phone Number:		
Name:	Phone Number:		
Name:	Phone Number:		
Additional Information	Name	Phone Number	Policy Number
Doctor			
Medical Insurance			
Pharmacy			
Homeowners/Rental Insurance			
Veterinarian			
Medication Name	Dose	Frequency	Prescribing Doctor/Pharmacy

## WINTER WEATHER SUPPLIES CHECKLIST



- Water** (one gallon per person per day)
  - Shelf-stable food** for at least 3 days (contact GA Foods for ordering information)
  - Flashlight** with extra batteries
  - Battery-operated radio** with extra batteries
  - First aid kit**
  - Toiletries** (soap, toilet paper, & toothpaste)
  - Medications** (7-day supply)
  - Other medical items** (such as extra hearing aid batteries, wheel chair batteries, & oxygen)
  - Warm clothing** (jacket, hat, mittens, warm socks, & scarf)
  - Blankets and space heater**
  - Manual can opener**
- Other items to consider:**
    - Road salt**
    - Cell phone** with extra battery and charger
    - Car emergency kit** (windshield scraper, hats, mittens, a blanket, jumper cables, food, water, and a shovel)
  - For Pets:**
    - Food, water, & medicine**
    - Vaccination records**
    - Collar, leash, ID tags**