Included in this guide:

- Know Your Hurricanes
- Evacuate vs. Stay Worksheet
- Caregiver To-Do Lists
- Special Needs Shelter Checklist
- County Resources & Contacts & More

What is HURRICANE READY?
The Hurricane Ready Guide is designed specifically for caregivers of someone living with Alzheimer’s disease or related dementia. The resources provided include county specific information as well as general hurricane preparedness tips. The pages are designed to be torn out so they can be readily available.

HURRICANE READY is included in Alzheimer’s Community Care’s Caregiver Toolbox.

For more information, contact us today
(561) 683-2700
www.alzcare.org/toolbox
info@alzcare.org
ARE YOU HURRICANE READY?

Alzheimer’s Community Care has become proficient in helping families prepare for hurricane season; however, this year will pose greater challenges because of COVID-19. This means that we have to think a little differently and consider additional infection control precautions.

As you go through the HURRICANE READY Guide, please consider these additional items and considerations.

For a Special Needs Shelter, please add the following essentials to your list:

- Face masks and gloves
- Surface cleaning and disinfecting products
- Up-to-date information on flu, pneumonia and COVID-19 immunizations
- If possible, confirm that the shelter is arranging for social distancing of evacuees

When considering a plan for sheltering in a location other than your home, remember that your loved one may experience Relocation Stress Syndrome. This is an actual nursing diagnosis referring to the physical and behavioral changes that may occur when someone moves from one environment to another. This is why arranging shelter with family or friends familiar to the patient may be preferred over the Special Needs Shelter.

Sometimes, caregivers believe that the patient’s physician will admit the patient to the hospital when a hurricane threatens, however, this may result in the same negative effects of relocation stress, as well as exposing the patient to other risks in the hospital setting. These risks include side effects of new medications, falls, malnutrition, infectious disease, pressure sores, or delirium.

If you currently have the services of a home health agency, confer with the agency to see what types of assistance it is able to provide during a hurricane.

It is the hope of all of us that we will never again have to deal with these additional considerations during hurricane season, but until that time, stay safe, be prepared, and let Alzheimer’s Community Care know how we can help you.

Sincerely,

Dr. Karen L. Gilbert DNP MS RN CDP
Infection Preventionist
Vice President, Education & Quality Assurance

2021 HURRICANE SEASON PREDICTIONS

Hurricane season officially runs from June 1st through November 30th. For 2021, the National Oceanic and Atmospheric Administration (NOAA) predicts a likely range of 13 to 20 named storms (winds of 39 mph or higher), of which 6 to 10 could become hurricanes (winds of 74 mph or higher), including 3 to 5 major hurricanes (category 3, 4 or 5; with winds of 111 mph or higher) are expected.
**KNOW YOUR HURRICANES**

**Hurricane Watch vs. Hurricane Warning**

- Hurricane watches and warnings are typically issued 48 to 36 hours before the winds are expected to hit the area.
- Tropical force winds are weaker than a Category 1 hurricane but can still be dangerous and make it difficult to prepare for a hurricane.
- Hurricane watch - be on guard and learn more about the storm. Follow weather updates closely and prepare your home.
- Hurricane warning – act now! Put your Hurricane Ready Plan into action.
- Keep local alerts on - they are more up-to date than national advisories.

**The Saffir-Simpson Hurricane Scale**

<table>
<thead>
<tr>
<th>Category</th>
<th>Wind Speed (mph)</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Category 1</td>
<td>74 - 95</td>
<td>Dangerous winds&lt;br&gt;Some damage could occur to roof, siding and gutters&lt;br&gt;Power outages likely that could last several days</td>
</tr>
<tr>
<td>Category 2</td>
<td>96 - 110</td>
<td>Extremely dangerous winds&lt;br&gt;Extensive damage possibly, especially to frame homes&lt;br&gt;Trees potentially down&lt;br&gt;Power outages, wide-spread that could last several days</td>
</tr>
<tr>
<td>Category 3</td>
<td>111 - 129</td>
<td>Devastating damage will occur&lt;br&gt;Shelters may open&lt;br&gt;Trees down, power lines down&lt;br&gt;Power outages, wide-spread for days to weeks</td>
</tr>
<tr>
<td>Category 4</td>
<td>130 - 156</td>
<td>Catastrophic damage may occur&lt;br&gt;Homes may sustain severe damage&lt;br&gt;Most trees will be snapped and power lines down&lt;br&gt;Power outages could last from weeks to possibly months</td>
</tr>
<tr>
<td>Category 5</td>
<td>157 mph +</td>
<td>Catastrophic damage will occur&lt;br&gt;Wide-spread areas of homes totally destroyed&lt;br&gt;Most areas uninhabitable for weeks or months</td>
</tr>
</tbody>
</table>

**Know Your Floods**

Flooding is a likely occurrence during hurricane season

- Stay tuned to your local television or radio stations for instructions when flood warnings have been issued.
- **DO NOT** drive through standing water. As little as two feet of water can lift and move vehicles of any size. More people drown in their cars than anywhere else during a flood.
- **DO NOT** walk through standing water. A person can be knocked down by as little as six inches of moving water.
- Keep away from downed power lines and any other electrical wires. A major cause of death in floods is electrocution.
**To Evacuate or Stay?**

*Leave when local officials recommend that leaving is safest to do.* Definitely leave if they make an order for evacuation; such an order should never be ignored.

**Evacuate if your house is located in an area known to be prone to flooding.** Leave if you live in a low-lying area.

**Evacuate if you live where storm surge damage is known to occur.** If you live on a barrier island or on the water and your area is known for storm surge damage, evacuate ahead of a hurricane.

**Evacuate if your home is not safe.** If your home lacks hurricane reinforcing, is a mobile, manufactured or modular home, consider evacuating.

**Put your health and safety above all else.** Where possible, evacuate the persons who are most vulnerable, such as loved ones living with dementia.

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### Checklist

Complete this checklist and keep it in your emergency kit

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#### Evacuating

- **Make a plan** – Identify several places you could go in an emergency. Look into pet friendly options if needed.
- **Develop a family communication and reunification plan** – Ensure you can maintain contact and take the best actions for each of you and reunite if you are separated.
- **Secure your home** – Put shutters or plywood on all windows. Make sure doors are securely locked. Bring in all outdoor furniture / items.
- **Unplug electrical equipment** – Computers, radios, televisions and small appliances. Leave freezers and refrigerators plugged in unless there is a risk of flooding. **Shut off water and gas before leaving.**
- **What to wear** – Sturdy shoes and clothing that provide some protection such as long pants, long-sleeved shirts and a hat.
- **Gas up** – Make sure you have a full tank of gas before you go.
- **Pack your emergency kit** – Include a first aid kit, food, water and medicines.
- **Bring important documents** – Put passports, birth certificates, legal papers for all family members in a waterproof bag / container and bring with you.

#### Staying Put

- **Stay informed** – Keep listening to the radio or TV for updates on the hurricane.
- **Stock up** – Have at least 1 gallon of water per person per day and a 10-day nonperishable food supply. Get extra batteries for radios & flashlights.
- **Secure your home** – Put shutters or plywood on all windows. Make sure doors are securely locked. Bring in all outdoor furniture / items.
- **Stay healthy & safe** – Make sure you have at least a month’s supply of all your prescription medicines. Put together a complete first aid kit.
- **Secure your pets** – Bring pets inside and make sure you have a supply of food and water for them.
- **Stay away from windows** – If a window becomes exposed, you could get hurt by pieces of broken glass during a storm. Stay in a room with no windows or go inside a closet.
- **Stay inside** – Even if it looks calm, don’t go outside. Wait until you hear or see an official message that the hurricane is over. Sometimes, weather gets calm during the eye of a storm but then gets worse again quickly.
- **Protect your electrical equipment** – In an event of power loss, turn off major appliances such as the air conditioner and water heater to reduce damage.
STAY INFORMED

- Listen for the most up-to-date information before, during and after a storm.
- Local media will provide evacuation orders, details about evacuation routes and shelter locations.
- Download the FEMA App on your smartphone at www.fema.gov/mobile-app to receive severe weather alerts, safety tips and much more.

Make a Family Communications Plan
As roads may be impassable and cell phone service may be disrupted, identify alternate ways of staying in touch with loved ones.
- Agree upon a specific time of day to communicate with a friend or relative.
- Decide on a meeting place in case you cannot return home.
- Keep important documents and phone numbers with you at all times.
- Ensure children are included in preparedness conversations and make sure they have emergency contacts written down and saved in a secure place.
- Pre-register for a Special Needs Shelter in case you are ordered to leave your home, and let your family know its location.
- Choose an out-of-town friend or relative as a point of contact.
Supply of non-perishable foods (canned meat or fish, peanut butter, boxed milk, etc., including special dietary items), disposable plates, cups and utensils. Manual can opener.

Activity supplies for your loved one based on his/her likes and capacities (Visit www.alzcare.org/quarterly-publications to download the latest Brain Time)

Written list of phone numbers for utility companies

Food and water for your pet

Water: at least one gallon per person, per day

Disposable briefs

Large plastic bags or tubs for important documents; consider a bank safe deposit box

Adequate supply of prescriptions and over-the-counter medications

Activity supplies for your loved one based on his/her likes and capacities (Visit www.alzcare.org/quarterly-publications to download the latest Brain Time)

Written list of phone numbers for utility companies

Checklist
Complete this checklist and keep it in your emergency kit

Shelter-in-Place Checklist
Families and individuals need to consider their specific needs to ensure they have the right supplies to manage by themselves during the first 10 days following a disaster.

- Water: at least one gallon per person, per day
- Food and water for your pet
- Current photo of you and your loved one (at least one photo with both of you shown).
- Supply of non-perishable foods (canned meat or fish, peanut butter, boxed milk, etc., including special dietary items), disposable plates, cups and utensils. Manual can opener.
- Battery-operated radio, flashlights and extra batteries
- Portable battery charger
- First aid kit, hand sanitizer (liquid and/or wipes)
- Disposable briefs
- Large plastic bags or tubs for important documents; consider a bank safe deposit box
- Adequate supply of prescriptions and over-the-counter medications
- Activity supplies for your loved one based on his/her likes and capacities (Visit www.alzcare.org/quarterly-publications to download the latest Brain Time)
- Written list of phone numbers for utility companies

IMPORTANT TIPS:

- Wash linens, towels and clothing to ensure adequate supplies if power is lost. Keep rechargeable electronics (phones, e-readers, tablets, music devices) fully charged.
- Let family members and friends know that you are staying home. Plan for a specified time each day when you can speak to each other. Create a family communication plan.
- The risk that your loved one will wander also increases. It is vital that he/she wear an identification bracelet. Always have a current photo available.
- Be sure your pet is wearing a collar with updated identification tags with the pet’s name, owner’s name, address and phone number.
- Keep enough cash to hold you over for several days, as credit card machines may not be working.
SPECIAL CONSIDERATIONS FOR THOSE WITH DEMENTIA

Special Needs Shelter Checklist

Special Needs Shelters are a refuge of last resort, a place to go if you can’t stay at home or with a relative, friend, co-worker or nearby hotel. The timing of their opening and locations will be chosen based on the circumstances of the storm. Not all shelters are opened for every storm. Monitor local media for current shelter openings and locations. The Special Needs Shelters only provide the basics: food, electricity and medical supervision. All patients MUST be accompanied by a caregiver. Contact your county to learn status of Pet Friendly Shelters. If you must go to a Special Needs Shelter, you will want to bring the following:

- Current photo of you and your loved one (at least one photo with both of you shown).
- 3-day supply of water per person (i.e., 3 gallons per person).
- Special-diet foods and basic non-perishable snacks and drinks.
- 7-day supply of prescriptions and emergency medications for both you and your loved one.
- Bedding materials (i.e. pillows, blankets, sleeping bags, cots, air mattresses, etc.) for the caregiver. Cots are provided for patients and caregivers when possible.
- Comfortable clothing and undergarments (at least three changes).
- Collapsible/folding beach chair or camp chair.
- Eyeglasses, hearing aids, dentures, assistive devices including cane and walkers. Specialized medical equipment (i.e. oxygen, diabetes supplies, wound care).
- Flashlight, extra batteries.
- Cellphone, with a battery-operated charger. Radio or Tablet with extra batteries and headphones.
- Important documents. (See the IMPORTANT DOCUMENTS Checklist on the reverse of this page for more details)
- Toiletries and personal hygiene items, including hand sanitizer, body wipes, and soap.
- Quiet games, books, playing cards or other items for entertainment for your loved one with dementia.

IMPORTANT TIPS:

- Learn your surroundings at the shelter upon arrival: toileting access, sleeping cots, handwashing stations, etc.
- Plan a specific time of contact each day with family members, (i.e. 2:00pm/8:00pm).
- Bring a warm blanket, jacket, coat, etc. Shelters are air conditioned and sometimes very cold.
- Bring masks, gloves, sanitizing wipes/liquids and immunization records.
- DO NOT bring valuables with you to the shelter.
## Important Documents to Print Checklist

Preparing for storm season means preparing for an event during which you may lose power. Print out or make copies of important documents and keep them in a waterproof container or sleeve.

<table>
<thead>
<tr>
<th>Important Documents</th>
<th>Hurricane Documents &amp; Phone Numbers</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family Contact Information Form</td>
<td>Local and state highway maps</td>
</tr>
<tr>
<td>Family Medication Form</td>
<td>Local emergency management office phone number</td>
</tr>
<tr>
<td>Copies of health insurance cards for your family</td>
<td>Local law enforcement phone numbers</td>
</tr>
<tr>
<td>Birth certificates and Social Security cards</td>
<td>Local utilities phone numbers</td>
</tr>
<tr>
<td>A copy of your homeowner’s insurance policy</td>
<td>County and city government phone numbers</td>
</tr>
<tr>
<td>Copies of major credit cards (front and back)</td>
<td>Local hospital and pharmacy address and phone number</td>
</tr>
<tr>
<td>Bank account and contact numbers</td>
<td>Local American Red Cross shelter phone number</td>
</tr>
<tr>
<td>Photographs and inventory of valuables in your home</td>
<td>Local radio station frequencies and phone numbers</td>
</tr>
<tr>
<td>Recent service or utility bill with your home address</td>
<td>Map to your local shelter</td>
</tr>
<tr>
<td>Personal physician’s contact information</td>
<td></td>
</tr>
<tr>
<td>Actual COVID-19 vaccination card or photocopy</td>
<td></td>
</tr>
</tbody>
</table>

### KEEP AN UPDATED INVENTORY

- Keep your insurance policy information on hand and save your insurer’s claims department number in your phone.
- Keep a list of expensive items, along with any proof of purchase or serial numbers as well as the items’ worth.
- Keep prints/photocopies of all important documents in a waterproof container.
Family Contact Worksheet

When the storm has knocked out power, it is harder to guarantee access to important contact information. Use this worksheet to document your Out-of-Town and Family contacts and keep this worksheet with other important documents (see Important Documents Checklist).

### Out-of-Town Contact

<table>
<thead>
<tr>
<th>Name: ______________________</th>
<th>Contact Phone: ______________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Local Meeting Spot: __________</td>
<td>Phone Number: ________________________</td>
</tr>
<tr>
<td>Evacuation Shelter: __________</td>
<td>Phone Number: ________________________</td>
</tr>
</tbody>
</table>

### Family Members

Provide the following for each family member and update with any changes

<table>
<thead>
<tr>
<th>Name: ______________________</th>
<th>Relationship: _______</th>
<th>Date of Birth: _______</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name: ______________________</td>
<td>Relationship: _______</td>
<td>Date of Birth: _______</td>
</tr>
<tr>
<td>Name: ______________________</td>
<td>Relationship: _______</td>
<td>Date of Birth: _______</td>
</tr>
</tbody>
</table>

### Family Locations

Create a list of where people may be found through the day and how to reach them

<table>
<thead>
<tr>
<th>Family Member: ______________________</th>
<th>Contact Phone: ______________________</th>
</tr>
</thead>
<tbody>
<tr>
<td>Location 1: ______________________</td>
<td>Street __________ City ______ State ___ ZIP</td>
</tr>
<tr>
<td>Location 2: ______________________</td>
<td>Street __________ City ______ State ___ ZIP</td>
</tr>
<tr>
<td>Family Member: ______________________</td>
<td>Contact Phone: ______________________</td>
</tr>
<tr>
<td>Location 1: ______________________</td>
<td>Street __________ City ______ State ___ ZIP</td>
</tr>
<tr>
<td>Location 2: ______________________</td>
<td>Street __________ City ______ State ___ ZIP</td>
</tr>
<tr>
<td>Family Member: ______________________</td>
<td>Contact Phone: ______________________</td>
</tr>
<tr>
<td>Location 1: ______________________</td>
<td>Street __________ City ______ State ___ ZIP</td>
</tr>
<tr>
<td>Location 2: ______________________</td>
<td>Street __________ City ______ State ___ ZIP</td>
</tr>
</tbody>
</table>
### Drug or Food Allergies

<table>
<thead>
<tr>
<th>Medication or Food Name</th>
<th>Reaction (Swelling, Difficulty Breathing, etc.)</th>
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<tbody>
<tr>
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</tbody>
</table>

### Current Prescriptions

Use your prescription bottles to fill out this information for every medication you take

<table>
<thead>
<tr>
<th>Medication Name</th>
<th>Reason for Treatment</th>
<th>Dosage (mg)</th>
<th>How Often Taken</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
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</table>

### Non-Prescription Medications (including Vitamins & Supplements)

<table>
<thead>
<tr>
<th>Name</th>
<th>Reason for Treatment</th>
<th>Dosage (mg)</th>
<th>How Often Taken</th>
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<tbody>
<tr>
<td></td>
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**DON’T FORGET REFILLS**

Pharmacies may not be open immediately after a storm, so when a hurricane is announced, make sure you have refills handy. Ask your doctor for an extra refill if you believe you will run out.
# Special Needs Shelter Worksheet

Each county requires pre-registration for a Special Needs Shelter. Regardless of which county you live in, you will need the information in the worksheet below. Use this page as reference when completing the applications (see reverse side for more details).

## Information Needed for Applications

<table>
<thead>
<tr>
<th>Patient Name:</th>
<th>First</th>
<th>M.I.</th>
<th>Last</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Birth:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>City</td>
<td>State</td>
<td>ZIP</td>
</tr>
<tr>
<td>Gate Code (if relevant):</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td></td>
<td>Mobile Phone:</td>
<td></td>
</tr>
</tbody>
</table>

## Caregiver Information

<table>
<thead>
<tr>
<th>Caregiver Name:</th>
<th>First</th>
<th>M.I.</th>
<th>Last</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>City</td>
<td>State</td>
<td>ZIP</td>
</tr>
<tr>
<td>Home Phone:</td>
<td></td>
<td>Mobile Phone:</td>
<td></td>
</tr>
</tbody>
</table>

## Emergency Contacts

<table>
<thead>
<tr>
<th>Name</th>
<th>Phone Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Primary Doctor:</td>
<td></td>
</tr>
<tr>
<td>Medical Support Suppliers:</td>
<td>(e.g. Oxygen, Dialysis, Medical Equip.)</td>
</tr>
<tr>
<td>Pharmacy:</td>
<td></td>
</tr>
<tr>
<td>Home Health Agency:</td>
<td></td>
</tr>
</tbody>
</table>

## Special Needs

You may be asked if you need the following items:

- [ ] Electricity
- [ ] Feeding by Tube
- [ ] Dressing Changes
- [ ] Wheelchair
- [ ] IV Equipment
- [ ] Other  
- Dialysis:  
  - [ ] Hemodialysis
  - [ ] Peritoneal Dialysis
- Oxygen:  
  - [ ] Tank
  - [ ] Concentrator
Special Needs Shelter requires registration ahead of time; call (561) 712-6400 or go online: www.discover.pbcgov.org/publicsafety
Palm Beach County does have an owner and pet-friendly shelter; you must pre-register yourself and your pets. If you have questions, please call (561) 233-1200, ext. 0 and reference the Pet Friendly Shelter or e-mail pbcacc@pbcgov.org.
During a declared emergency, residents can obtain Palm Beach County-specific information by tuning to local TV and radio stations, or the information is also available on PBCTV on Comcast Channel 20 and on U-verse Channel 99.

Special Needs Shelter requires registration ahead of time; call (772) 287-1652 or go online: www.martin.fl.us/hurricane
Martin County DOES NOT have a pet-friendly shelter; contact the Treasure Coast Humane Society at (772) 223-8822 to register your pet.
During a declared emergency, residents can obtain Martin County-specific information by tuning to WQCS-88.9 FM at 9AM, 1PM, and 6:30PM.
Residents can also listen to WSTU 1450 AM throughout the day. Local information is also available on MCTV on Comcast Channel 20 and on U-verse Channel 99.

Special Needs Shelter requires registration ahead of time; call (772) 462-8100 or go online: www.stlucieco.gov
St. Lucie County DOES NOT have a pet-friendly shelter; contact the Humane Society of St. Lucie County for a list of pet shelters at (772) 466-7387.
During a declared emergency, residents can obtain St. Lucie County-specific information by tuning to local TV and radio stations or the information is also available on SLCTV on Comcast Channel 21 and on U-verse Channel 99.

For information on flood maps and changes to your flood zone visit www.fema.gov or call the FEMA Helpline at (800) 621-3362 from 7AM to 11PM ET
NAME THAT TUNE
Word search

PERRY
DIANA
BOB
ELVIS

PATSY
RAY
DEAN
BRENDA

ARETHA
PAUL

BRAIN TIME is included in the Alzheimer’s Community Care’s CAREGIVER TOOLBOX

CHALLENGING BRAIN TIME
Focusing the mind on a simple, calming activity such as coloring has the power to enhance brain activity, encourage positive thinking, and even foster social skills. Therapeutic coloring helps the mind to focus on the moment and promotes mindfulness. It has been proven to reduce stress as well as anxiety and feelings of hopelessness. Coloring is also an excellent activity for enhancing dexterity for dementia patients suffering from a loss of motor skills.
Puzzles exist to be solved and solving a puzzle is extremely satisfying for a patient living with dementia. The Treasure Hunt Maze is a puzzle that has a definite starting and ending point, offering the patient an opportunity to see a goal and reach that goal through a series of steps. This provides valuable mental stimulation. A completed maze can rekindle the satisfaction of a job well done, triggering joy and pleasure for the patient.

**Therapeutic Value**
cognitive · emotional · physical (fine motor) · social/individual

---

**THE TREASURE HUNT**

**Solve the maze**

START

**FINISH**

---

**RELAXING BRAIN TIME**