ALZHEIMER’S COMMUNITY CARE

DEMENTIA SPECIFIC HURRICANE READY GUIDE
“Do you have a plan?” How many times have you heard that? Sometimes worrying about your plan can be more stressful than the plan itself. Add that to the anxiety of creating a hurricane plan as a caregiver and it can be overwhelming. Staying calm seems like an afterthought.

That is why we provide this resource to you every year, the Alzheimer’s Community Care Hurricane Ready Guide. This guide is meant to be a Dementia-Specific Guide, because we know and understand that the unique needs of a caregiver and Alzheimer’s patient are not always understood by others, so you deserve a guide to help you with your planning process. We spent many hours reviewing the information within its pages and we are confident this is the information you need to be prepared for the upcoming season.

This entire issue is based on our three pillars: safety and security, welfare and wellbeing, dignity and integrity.

- The guide helps you prepare a kit and make a plan so that you can feel safe and secure.
- The articles address hurricane readiness issues with your welfare and wellbeing in mind.
- And all of this is done with the integrity of our commitment to all families so each can experience dignity in their journey through the disease process, even when stormy times may arise.

Alzheimer’s Community Care is dedicated to providing help and hope for families living with Alzheimer’s disease and other forms of dementia caused by other neurocognitive disorders. We hope this guide shows our care and the intentionality with which we address hurricane readiness. We are always here to answer questions and help empower you through every season, especially hurricane season.

Sincerely,

Robert J. Gorman, Esq.
Chair of the Board of Directors

Mary M. Barnes
President & CEO

Staying Calm Before the Storm
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Subscribe or verify your preference at www.alzcare.org/socialz
My husband has dementia and we have an in-home aide. I am not in good health and am afraid if we have to evacuate I will need her assistance. What are my options?

You are wise to plan in advance! First, it is vital to determine if you are in a mandatory evacuation zone or if the type of home you live in requires evacuation. If so, explore whether you have friends or family you can stay with as this would provide a more familiar setting. If not, consider preregistering for your county’s special needs shelter. Confer with your home health agency now, in advance, to determine whether the aide can accompany you to the shelter. Your husband may experience “relocation stress” in the unfamiliar setting of the special needs shelter. He may become more confused and anxious. Having your husband’s favorite activity supplies and his familiar aide in the shelter can help to ease anxiety and promote his security throughout the event.

My mother has Alzheimer’s disease and was recently in the hospital after she fell. I was thinking that the hospital would be the best place for her during a hurricane. Is this something you recommend and if so how do I go about it?

The hospital is not necessarily the best location. In fact, hospitals may not permit such admissions. In a hospital, your mother may experience increased confusion, and anxiety, and possibly agitation in the unfamiliar hospital setting. She may suffer “relocation stress” with caregivers she does not know, and without your care.

Certainly, a patient with urgent medical needs or serious illness may require hospital care, but in the absence of such concern, sheltering with family is best. A special needs shelter should be the last resort; the unfamiliar setting can also promote undue anxiety and stress for patients. Sheltering in place is best if you are not in a mandatory evacuation zone or if your home is hurricane protected. Sheltering with family or friends would be the best “Plan B.”

If you have a question concerning Alzheimer’s disease or a related neurocognitive disorder that you would like Dr. Gilbert to address in our next issue, please send an email to kgilbert@alzcare.org

Karen Gilbert serves as Vice President of Education and Quality Assurance for Alzheimer’s Community Care. Karen earned her Doctor of Nursing Practice degree from Palm Beach Atlantic University. She received her Bachelor of Science degree from the State University of New York, Downstate Medical Center, and holds a Master of Science degree in Health and Human Services from Nova Southeastern University in Fort Lauderdale.

Karen holds Certification in Alzheimer’s disease training from the Florida Department of Elder Affairs as well as designation as a Certified Dementia Practitioner from the National Council of Certified Dementia Practitioners.

Karen was recognized as the 2017 Palm Beach County Medical Society Hero in Medicine Award for Education.
Our practice areas include:

- Medicaid/Long-Term Care/Asset Protection
- Veterans Benefits (Aid & Attendance Program)
- Estate Planning, Wills & Trusts
- Guardianship Trustee & Fiduciary Services
- Special Needs Planning/Special Needs Trusts
- Life/Health Care Planning
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RESERVATIONS SUGGESTED

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STAYING CALM BEFORE THE STORM
“Calm in the midst of the storm”

“What is the common theme in all these phrases? “Calm”. Calm is an easy word to say and put into phrases, but as a caregiver of someone living with dementia, keeping calm can be essential to your personal safety and wellbeing, as well as your loved one. So, instead of quoting fun phrases about being calm, here are some tools to actually help you stay CALM.

A – A-TEAM. Gather an A-Team before storm season. An A-Team is a group of people that can do the following:

- Provide strength and muscle for storm shutters, packing the car to evacuate and various other things that may require physical ability.
- Be your back-up designated caregiver.
- Be a part of your communications plan.
- Have an extra key to your home.

L – LISTEN. Listen, listen, listen to your chosen local weather station. Heed their advice and implement your plan when necessary. There are so many options available to us now through the television, computer, and smart phones. We have the benefit of adequate notice for potential storms and current information on flooding, closings, openings, shelters and everything you need to help you make informed decisions. Listen, even if you have to have more than one device on at a time.

M – MUSIC. This may seem out of sync with the other reminders, but music is the ultimate calming tool. Play music on your phone, sing songs, or give your loved one a device with headphones to hear music and drown out other noises. Music calms, soothes, and brings joy in the middle of all storms.

“The calm before the storm”

“Keep calm and carry on”

C – CONTROL. In pre-storm preparations and during a storm, control what you can. This means, keep to a routine as much as possible, even if you are displaced. Choose a few things that will help your situation feel familiar and comfortable to you and your loved one. Keep your routine as much as possible. Making available favorite activities, favorite blankets, familiar snacks and the like can all help your loved one feel more comfortable even when they aren’t home or when you are busy making preparations.

SUMMER 2021 | ALZHEIMER’S COMMUNITY CARE
When a hurricane is pending, all our services make a shift to serve the unique and immediate needs that our families experience at this time. Here is a look at what this actually means.

FAMILY NURSE CONSULTANTS – The nurses communicate with families to make sure they have a plan and have the resources needed to follow that plan. They also provide teal bracelets so that our at-risk population can be recognized and identified.

ID LOCATOR SERVICE – The ID Locator team reaches out to families in this program to make sure they are wearing their bracelets and that they have a solid emergency plan in place.

SPECIALIZED DAY SERVICES – The Program Managers talk to all their families, provide teal bracelets, answer questions and help the family get Hurricane Ready.

EDUCATION – Every year, a Dementia Specific Hurricane Ready Guide is updated and provided to all our families so they are educated on the best practices for dementia-specific hurricane preparation.

ADVOCACY – We advocate with local officials to ensure that our special needs shelters have dementia-designated areas. This helps meet the needs of all families living with dementia who have to use their local shelter.

24-HOUR CRISIS LINE – The crisis team is available 24/7/365, even through hurricane season.

Our commitment is to serve families living with dementia in all seasons of life. Our safety net is always here for our families..... even if we have to tie it down.

Hope is Here at Alzheimer’s Community Care.
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>Speed Range</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>74 - 95 mph</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>2</td>
<td>96 - 110 mph</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>3</td>
<td>111 - 129 mph</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>4</td>
<td>130 - 156 mph</td>
<td>• Catastrophic damage may occur&lt;br&gt;• Homes may sustain severe damage&lt;br&gt;• Most trees will be snapped and powers lines down&lt;br&gt;• Power outages could last from weeks to possibly months</td>
</tr>
<tr>
<td>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.

<table>
<thead>
<tr>
<th>Evacuating</th>
<th>Staying Put</th>
</tr>
</thead>
<tbody>
<tr>
<td>Make a plan – Identify several places you could go in an emergency. Look into pet friendly options if needed.</td>
<td>Stay informed – Keep listening to the radio or TV for updates on the hurricane.</td>
</tr>
<tr>
<td>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.</td>
<td>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 &amp; flashlights.</td>
</tr>
<tr>
<td>Secure your home – Put shutters or plywood on all windows. Make sure doors are securely locked. Bring in all outdoor furniture / items.</td>
<td>Secure your home – Put shutters or plywood on all windows. Make sure doors are securely locked. Bring in all outdoor furniture / items.</td>
</tr>
<tr>
<td>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.</td>
<td>Stay healthy &amp; safe – Make sure you have at least a month’s supply of all your prescription medicines. Put together a complete first aid kit.</td>
</tr>
<tr>
<td>What to wear – Sturdy shoes and clothing that provide some protection such as long pants, long-sleeved shirts and a hat.</td>
<td>Secure your pets – Bring pets inside and make sure you have a supply of food and water for them.</td>
</tr>
<tr>
<td>Gas up – Make sure you have a full tank of gas before you go.</td>
<td>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.</td>
</tr>
<tr>
<td>Pack your emergency kit – Include a first aid kit, food, water and medicines.</td>
<td>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.</td>
</tr>
<tr>
<td>Bring important documents – Put passports, birth certificates, legal papers for all family members in a waterproof bag / container and bring with you.</td>
<td>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.</td>
</tr>
</tbody>
</table>
SPECIAL CONSIDERATIONS FOR THOSE WITH DEMENTIA

- Notify your loved one’s health agency and/or Alzheimer’s Community Care where you will be during a hurricane and when care can be re-established.
- If your loved one requires oxygen, check with your supplier about emergency plans. Confer with your oxygen supplier to see if you will need additional tanks or an oxygen concentrator to ensure you have the necessary oxygen supply to get through the storm period and its aftermath.
- If you evacuate, remember to take your loved one’s medications, written instructions regarding their care, bedding and any walker, wheelchair, cane, glasses, hearing aid or other special equipment that is needed.
- If your loved one requires hospitalization, you must make prior arrangements through their physician.
- Determine if and when you would have to evacuate. REMEMBER: All mobile/manufactured and sub-standard home residents must evacuate, regardless of location. Please see TO EVACUATE OR STAY included in this HURRICANE READY Guide.
- Decide NOW where you would go if ordered to evacuate (a friend or relative, a hotel, or the Special Needs Shelter). Determine your route and leave as early as possible or arrange transportation ahead of time.
- If needed, seek out assistance now so that you can effectively provide for your loved one with dementia.

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.

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Alzheimer’s Community Care

HURRICANE READY
SPECIAL CONSIDERATIONS FOR THOSE WITH DEMENTIA

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.

Alzheimer’s Community Care
HURRICANE READY
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

### Important Documents to Print Checklist

Preventing 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>
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<tbody>
<tr>
<td></td>
<td></td>
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</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: Street</td>
<td>City State ZIP</td>
</tr>
<tr>
<td>Location 2: Street</td>
<td>City State ZIP</td>
</tr>
</tbody>
</table>

<table>
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<th>Family Member:</th>
<th>Contact Phone:</th>
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<td>City State ZIP</td>
</tr>
<tr>
<td>Location 2: Street</td>
<td>City State ZIP</td>
</tr>
</tbody>
</table>
Patient Medical Information Worksheet

It is always good to have your medications and other supplements with you during a storm. Use this worksheet to document your medical details and keep this worksheet with other important documents (see IMPORTANT DOCUMENTS Checklist).

Patient Name: __________________________

<table>
<thead>
<tr>
<th>Drug or Food Allergies</th>
</tr>
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<tbody>
<tr>
<td>Medication or Food Name</td>
</tr>
<tr>
<td>___________________</td>
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<table>
<thead>
<tr>
<th>Current Prescriptions</th>
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</thead>
<tbody>
<tr>
<td>Use your prescription bottles to fill out this information for every medication you take</td>
</tr>
<tr>
<td>Medication Name</td>
</tr>
<tr>
<td>___________________</td>
</tr>
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<table>
<thead>
<tr>
<th>Non-Prescription Medications (including Vitamins &amp; Supplements)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name</td>
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<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>MI</th>
<th>Last</th>
</tr>
</thead>
<tbody>
<tr>
<td>Date of Birth:</td>
<td>Height:</td>
<td>Weight:</td>
<td></td>
</tr>
<tr>
<td>Address:</td>
<td>City</td>
<td>State</td>
<td>ZIP</td>
</tr>
<tr>
<td>Gate Code (if relevant):</td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Home Phone:</td>
<td>Mobile Phone:</td>
<td></td>
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</tr>
</tbody>
</table>

## Caregiver Information

| Caregiver Name: | First | MI | Last |
| Address: | City | State | ZIP |
| Home Phone: | Mobile Phone: |

## Emergency Contacts

| Primary Doctor: | Phone Number |
| Medical Support Suppliers: | (e.g. Oxygen, Dialysis, Medical Equip.) | Phone Number |
| Pharmacy: | Phone Number |
| Home Health Agency: | |

## Special Needs

You may be asked if you need the following items:

- [ ] Electricity
- [ ] Feeding by Tube
- [ ] Dressing Changes
- [ ] Wheelchair
- [ ] IV Equipment
- [ ] Other
- [ ] Hemodialysis
- [ ] Oxygen:
  - [ ] Tank
- [ ] Peritoneal Dialysis
  - [ ] Concentrator

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**Alzheimer’s Community Care**

**HURRICANE READY**
County Specific Contact Information
Each county requires pre-registration for a Special Needs Shelter. You can use the references below to contact your officials or follow county-specific notifications. See the Special Needs Shelter worksheet to help complete pre-registration.

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
HOLLYWOOD SQUARES Coloring

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

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.

RELAXING BRAIN TIME
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

---

**RELAXING BRAIN TIME**
GENERATOR SAFETY

USE BACKUP POWER SAFELY

When used properly, portable and standby generators are a great option to provide backup power during brownouts or blackouts. Learn how to use generators safely with the following tips:

GENERATORS

Location

Always keep generators at least 20 feet away from your home
Never operate a generator in an enclosed space
Make sure the generator has 3-4 feet of clear space above and on all sides for proper ventilation
Keep generators away from doors, windows, and vents
Always direct exhaust away from your home

Use

Always use grounded cords and inspect cords for damage prior to use
Use the proper cord for the wattage being used
Always use GFCI protection
Make sure to start/stop generators when no electrical loads are connected
Keep generators dry, do not operate when wet, and refuel when cool
Do not overload generators
Do not plug a generator directly into your home, connect items being powered directly to the generator

TRANSFER SWITCHES

Transfer switches, whether manual or automatic, allow you to choose between utility power or backup generator power
Transfer switches are the only way to safely power your home’s electrical system
Using a transfer switch prevents backfeeding. This occurs when your generator becomes a power source for the surrounding area and can damage your home, your neighbor’s homes, and injure workers trying to restore power

CARBON MONOXIDE (CO) POISONING PREVENTION

Improper use and installation of generators could cause CO poisoning
Make sure your home has carbon monoxide alarms outside each sleeping area and on every level of the home

CO can kill in as little as 5 minutes

Symptoms of CO poisoning

Dizziness  Headaches  Nausea  Tiredness

If you experience CO poisoning symptoms, get fresh air, do not reenter areas, and call 911.

Please share this free resource to save lives

www.facebook.com/ESFI.org  www.twitter.com/ESFIdotorg  www.youtube.com/ESFIdotorg
Clark D. Bennett is a native of Miami, Florida, and graduated from the University of Miami with a Bachelor of Business Administration—Public Finance degree.

In his career, Mr. Bennett has worked as Public Finance Principal and Branch Manager for William R. Hough & Co. He also worked for Florida Municipal Advisors and in 2000, he acquired the firm and renamed it Spectrum Municipal Services, Inc., which he managed until his retirement in 2019.

Mr. Bennett served as Chairman of the Board of Directors for the Florida Housing Finance Corporation for 4 years. In 2002, he was appointed to and currently serves on the Board of Directors of the Palm Beach County Housing Finance Authority. Mr. Bennett joined the Alzheimer’s Community Care Board of Directors in 2005 and served as the Chair from 2011 to 2014.

Mr. Bennett and his wife Patricia currently reside in Palm Beach Gardens and have two children, Mark and Eugenia.

Judie Rappaport has been helping families care for their aging parents and educating professionals on the needs of elders with Alzheimer’s and related dementias for over twenty - five years.

Judie serves as President of Preferred Lifestyle Services’ Nurse Care Managers. She has trained and spoken to thousands of family caregivers and professionals who have elder clients. Judie is co-author of the books Eldercare 911: The Caregivers Complete Handbook for Making Decisions and The Eldercare 911 Question and Answer Book.

Judie has served at Alzheimer’s Community Care for over 20 years. She has sat as Chair of the Board of Directors, emceed conferences for Alzheimer’s Community Care and spoken at caregiver forums.

“When I introduced myself to Mary Barnes over 20 years ago, I said ‘My mother died of Alzheimer’s and I came to help’. Mary took my arm, marched me into her office and hasn’t let me go yet. Alzheimer’s Community Care is the place and joy I wish I’d had for my mother; she would have blossomed here. After all these years, people still say to me, ‘Alzheimer’s Community Care saved my life’. I am grateful to be a part of this wonderful organization and the blessing we bring to our communities.”
Creating a better future is easier than you think.

Make a gift that lasts longer

You can make a significant gift that will advance the work of Alzheimer’s Community Care for generations to come.

Do it today with a legacy gift through your will.

✓ Costs you nothing during your lifetime
✓ Preserves your savings and cash flow
✓ Can be changed or revoked as needed
✓ Allows you to be far more generous than you ever thought possible
✓ A simple paragraph added to your will is all it takes

Interested?

CONTACT:
Amy Bromhead
Director of Development
561-683-2700/772-223-6351
abromhead@alzcare.org

Alzcare.org | 561-683-2700
Carol Carson Evans

Carol has had a wide variety of experiences and jobs throughout her career. She worked as a 1st grade teacher, lead bank teller, consumer loan officer and sales manager. Carol finished her career as the co-owner of a tavern with her husband.

Carol became the caregiver for her husband in 2007 when she learned of his dementia at the age of 54. She also became the primary caregiver for her uncle who was diagnosed that same year with Alzheimer’s disease. She was introduced to Alzheimer’s Community Care when she enrolled her uncle in the day center while she was still living in Pennsylvania. Her husband passed away in 2010 and her uncle in 2013. Shortly after, Carol became a volunteer for Alzheimer’s Community Care. She is a member of the St. Lucie Memory Circle, the St. Lucie County Advisory Council and has been on five Advocacy trips to the Florida State Capital.

“I enrolled my uncle in an Alzheimer’s Community Care day center and there he was treated humanely, with care and compassion, and I was able to avail myself to the information provided by the education conferences held by the Organization. I received absolutely NO help for my husband in Pennsylvania. The contrast was striking. I have become a passionate advocate for Alzheimer’s Community Care because they truly do what they advertise; they provide a safety net for those diagnosed, as well as for their families. Take it from me, when you are a dementia caregiver, a world without Alzheimer’s Community Care is a bleak place. I want everyone to have the ability to experience what they can offer.”

Merilyn Diamond

Merilyn Diamond has been an avid supporter and volunteer with Alzheimer’s Community Care for over 12 years. She became involved when her mother was a patient at our specialized adult day center. “I was so grateful to find ACC. When I was working, it gave me such a sense of peace knowing that my mother was safe at the day center,” says Merilyn. She started volunteering because she felt that she should give back because ACC had given her so much. Merilyn is a staple on our Advocacy Trips to Tallahassee, attending six times.

“I am very happy to speak to Legislators and help bring to light the issues that we are facing in our State and what wonderful, unique work Alzheimer’s Community Care does”.

We are grateful to have Merilyn in our corner, working as an Advocacy Superhero.
Alzheimer’s Community Care is proud to offer both required and elective courses consisting of original content prepared by our Education Department.

**WIDE VARIETY:** Human Trafficking, Domestic Violence, Prevention of Medical Errors and more

**AFFORDABLE:** $5.00 per CEU

**FAST:** Course materials sent via email by the next business day

**PROFESSIONAL:** CEU’s uploaded immediately to CE Broker upon successful completion of course and quiz

**LICENSED:** Alzheimer’s Community Care is an approved Continuing Education Provider

alzcare.org/CEUs

**QUESTIONS:** education@alzcare.org
(561) 683-2700
(Request Education Department)

Visit www.alzcare.org/events for upcoming events and locations and follow us on Facebook and Instagram to stay up-to-date!
Since 1996, Alzheimer’s Community Care has been providing services and hope to Alzheimer’s patients and their family caregivers, allowing them to stay safely at home and in the community. If you or someone you know is living with Alzheimer’s disease or any other neurocognitive disorder, please contact us today. Hope is here.

7 Core Services

**SPECIALIZED ADULT DAY CENTERS**
Providing Dementia-Specific Adult Day Services to patients at 12 locations throughout Palm Beach, Martin and St. Lucie Counties.

**FAMILY NURSE CONSULTANTS**
Providing licensed nurses to help families navigate and manage Alzheimer’s disease.

**ID LOCATOR SERVICES**
Providing ID Locator bracelets, education and resources to help mitigate the risk of wandering episodes in coordination with SafetyNet and Law Enforcement.

**PROFESSIONAL & COMMUNITY EDUCATION**
Providing disease-specific training and guidance to professional and family caregivers coping with Alzheimer’s disease, as well as law enforcement.

**24-HOUR CRISIS LINE**
(800) 394-1771
Connecting families in crisis to a Family Nurse Consultant 24 hours a day, 365 days a year.

**CASE MANAGEMENT**
Assisting families in accessing services and financial resources to care for their loved ones with Alzheimer’s disease.

**ADVOCACY**
Advocating on behalf of Alzheimer’s patients and their family caregivers on the state and local level to ensure the highest quality of care.
INTERACTIVE CATS & PUP

“My 94-year-old mother believes the cat is almost real. It gives her so much joy and brightens her day. It gives her purpose in her life, and both the cat and my mother have come to life.” – Mary B.

Improve quality of life for aging loved ones by offering them an interactive companion that can increase social engagement and decrease loneliness.

Visit JoyForAll.com to learn more about our Companion Cats and Pup! Or call 866-532-8531 to order by phone.