

Family Care Planning

Prepare Crisis Plan With Older Adults

(NAPSA)—From coast to coast, and around the world, disasters and personal emergencies affect families every day. When a crisis occurs, how do you know that your older loved one is okay? The Eldercare Locator, a service of the U.S. Administration on Aging, offers an “IN TOUCH” plan to help families establish ways to assist older relatives in emergency situations.

- **I**dentify possible emergency situations.
- **N**ote available community resources.
- **T**alk about individual circumstances.
- **O**utline your plan in writing.
- **U**date your plan as situations change.
- **C**ommunicate regularly and test plan.
- **H**ave peace of mind knowing you have a plan.



While many older Americans today are active and healthy, they sometimes need help, especially in a crisis situation. Mental or physical health problems, limited finances, and language differences can contribute to delayed response in an emergency. Some older adults might not be able to evacuate quickly or could become confined to their homes. Advance planning helps families prepare for the worst-case scenarios and enjoy peace of mind.

For the “IN TOUCH” plan, in English or Spanish, contact the Eldercare Locator at 800-677-1117 or www.eldercare.gov.