



# Being Prepared as a Caregiver: Hurricane Safety

Being prepared for a hurricane can be stressful. If you have survived an intense storm in the past, this adds to your anxiety. Ensuring you have a generator, water, food and medications are all part of “riding out the storm.” **However, if you are a caregiver for children or elderly parents, there is a greater responsibility added to your preparation.**

Unlike other storms, we usually have time to prepare for hurricanes. Often we know a few days in advance of the projected storm path as well as an idea of the storm’s possible intensity. When an evacuation order is given, it is important to have several preparations already completed for you and those you are providing care.

**Your EAP can help you plan for yourself and your family in case of an emergency. Contact us today to learn more. You will also find more information and resources at [EAP4YOU.com](http://EAP4YOU.com)**

- Have basic supplies ready including water, food, medications and medical supplies available for at least 3 days, preferably 7 days.
- Gather a list of friends, family or social services that can assist moving heavy medical devices.
- Identify a safe location where you can evacuate. This may be a family member or friend’s house that is a safe distance from the impact zone or area shelters. Ensure that the home or shelter can accommodate any medical equipment you may need to bring.
- Have a backup caregiver in case you are unavailable.
- Ensure everyone has contact info for one another.
- Describe in writing the care that your loved one requires. This may involve special feeding instructions, times for medications, techniques such as singing or talking that might help calm the person and identification of a special comfort like a blanket or stuffed animal. Anything that could make them feel more comfortable is helpful.

Your EAP is here around the clock to help you and your loved ones stay safe during a natural disaster.