

FOR IMMEDIATE RELEASE

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Are You Ready?

Just in Case: Emergency Readiness for Older Adults and Caregivers

Although seniors made up only 15% of the population of New Orleans before Hurricanes Katrina and Rita, according to Knight Ridder, 74% of the hurricane victims were older adults. These events served as a grim reminder that older adults are disproportionately at risk in disaster situations, and emergency preparation is an even greater concern for this population.

The U.S. Administration on Aging's National Family Caregiver Support Program and Caresource Healthcare Communications, Inc. are pleased to announce the new consumer guide *Just in Case: Emergency Readiness for Older Adults and Caregivers*.

This free consumer resource includes a 12-page fact sheet and checklist that will help older adults and caregivers prepare for emergencies. Special emphasis is placed on issues that affect older adults, disabled persons, and their caregivers due to medical conditions, physical challenges, assistive devices, and mobility issues.

Just in Case presents an easy-to-do three step approach to emergency preparedness:

- Step 1 focuses on a handful of essential things a person should know
- Step 2 covers emergency supplies, both for surviving at home and for evacuation if necessary
- Step 3 is creating a personal plan that takes into account a person's own unique medical and physical needs.

"*Just in Case* is a valuable and timely resource for older adults and their caregivers. It both encourages personal responsibility and also provides direction to additional assistance in the community, empowering those who go through the steps to prepare themselves and their loved ones in case of an emergency. I think every care professional, senior, and caregiver should read it and share it with clients, families, friends, and anyone else they care about." – Erica Karp, President, GCM Consulting Inc.

Just in Case is a supplement to *Aging in Stride*, a 380-page guide to healthy aging and effective eldercare. The new supplement is available as a free consumer resource online at the *Aging in Stride* website www.aginginstride.org or on the Administration on Aging's website www.aoa.gov. Purchasers of the book *Aging in Stride* will also receive a complementary hard copy with their purchase. *Aging in Stride* is available for \$24.95 plus shipping and handling at www.aginginstride.org or by calling 800-448-5213.