

PREPARING VULNERABLE PERSONS FOR EMERGENCIES



Step 1

Have you already prepared a vulnerable person for an emergency?

If applicable, ask the nurse or carer for help in completing the following steps:

- If required, obtain a spare pair of glasses, hearing aid batteries, or other essential disability aids and place these in a 'grab' bag.
- If electric mobility scooters or oxygen are used, consider keeping extra batteries and oxygen. Make sure you know where the battery charger is and how to use it.
- Make some sticky ID tags to quickly label personal belongings/equipment. e.g. canes, disability aids, wheelchairs etc.
- Ask the nurse/doctor to list any prescription medicines that the person takes - include a list of dosages, and allergies. Keep a copy for yourself and place an additional copy in the 'grab' bag.
- If the person is a diabetic and insulin dependent, pack spare syringes and insulin.
- List the type and reference number of any medical devices that are used e.g. pacemakers. Keep a note of these and place a copy in the 'grab' bag.
- If the person suffers with incontinence, pack spare pads within their 'grab' bag.
- Make a list of people (carers/nurses/neighbours/friends) who assist the person on a day-to-day basis (include telephone numbers). Keep a copy for yourself and place a copy in the 'grab' bag.
- Place a copy of emergency phone numbers near the phone in the person's house, and/or programme them in to the phone if they know how to use the phone speed dial facility.

No	Yes
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Regularly check phone numbers, the list of prescription medicines, and medical equipment to make sure that they are up to date. Be sure to amend the appropriate lists in the 'grab' bag.

Step 2

Is home support provided for the person?

Speak to the care provider/nurse about what will happen should an emergency happen and how care will continue to be provided.

Make a note of the above procedures, and place them in the 'grab' bag.

Explain to the person what will happen should an emergency occur.

Yes	No
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If the person starts to receive some form of home support care or help be sure to speak to them about what to do in an emergency.

Step 3

Does the person use specialised medical equipment or disability aids?

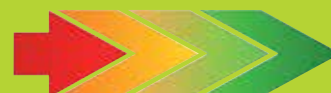
Make sure that you or a trusted friend/neighbour knows how to operate the equipment/aids. Consider adding a copy of the instructions to the 'grab' bag.

Yes	No
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If any new equipment is provided, ask the nurse or carer to teach you how to use it. If practicable, obtain a spare copy of the instructions, and place in the 'grab' bag.

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Step 4

Are you aware of the precautions you should take to look after the person during heat waves or severe cold weather?

If applicable, ask the nurse or carer for help in completing the following steps:

Vulnerable people are particularly at risk during heat waves or cold spells. Guidance is available from the NHS website on what you should do in these conditions.

Be sure to check for changes/extra advice during the summer or winter or during seasonal epidemics such as 'winter flu'.

No	Yes
<input type="checkbox"/>	<input type="checkbox"/>

Step 5

Have you discussed with the person how you can contact each other in an emergency?

Discuss with them what you will do in the event of an emergency.

This could be as simple as making regular phone calls, getting neighbours/friends to help, or if it is safe to do so, visiting the person.

Make sure you occasionally review these arrangements to make sure they are current.

No	Yes
<input type="checkbox"/>	<input type="checkbox"/>

Step 6

Have you spoken to Avon Fire and Rescue to arrange a Home Fire Safety Visit?

Avon Fire & Rescue Service offer a service providing tailor made fire safety advice specific to your home and the people who live there.

See Avon Fire and Rescue website for more details.

If personal circumstances change, be sure to contact the Fire Service to inform them, and arrange for another home fire safety visit if needed.

No	Yes
<input type="checkbox"/>	<input type="checkbox"/>

Step 7

Have you spoken to the local Neighbourhood Watch scheme?

Consider speaking to your local Neighbourhood Watch administrator about the nominated neighbour scheme. Details are available on the Avon and Somerset

Constabulary Website.

Consider the need for other family members to join their own Neighbourhood Watch Scheme

No	Yes
<input type="checkbox"/>	<input type="checkbox"/>