

# Adult Day Self-Care Newsletter

September 2021

## National Preparedness Month

The Federal Emergency Management Agency (FEMA) set September as National Preparedness Month. By providing information and support, FEMA, and its website [Ready.gov](https://www.ready.gov), hopes to raise awareness about the importance of preparing for disasters and emergencies that could happen at any time. The theme for this year is “Prepare to Protect: Preparing for disasters is protecting everyone you love.” At the COPSA Institute for Alzheimer’s and Related Disorders, we have long been aware of the need to prepare ahead—not just for bad weather, natural disasters, and other local emergencies, but for the types of difficulties that commonly occur when caring for a person with memory loss. We address some of these in this issue. We encourage you to share information from Ready.gov through social media and by printing and sharing the free downloadable resources available on the Ready website.

## Preparedness Calendar for September

### ***Week 1 September 1-4: Make a Plan***

Talk to your friends and family about how you will communicate before, during, and after a disaster.

### ***Week 2 September 5-11: Build a Kit***

Gather supplies that will last for several days after a disaster for everyone living in your home. Don’t forget to consider the unique needs each person or pet may have in case you have to evacuate quickly.

### ***Week 3 September 12-18: Prepare for Disasters***

Limit the impacts that disasters have on you and your family. Know the risk of disasters in your area and check your insurance coverage. Learn how to make your home stronger in the face of storms and other common hazards and act fast if you receive a local warning or alert.

### ***Week 4 September 19-25: Teach others***

Talk to your family (especially children) about preparing for emergencies and what to do if you are separated or are unable to reach one another.

From <https://www.ready.gov/september>



## Emergency Care Planning

Are you prepared for all the “what ifs”? Do you know how to put together an emergency care plan? You can download our [free brochure](#) on this topic and/or [order](#) print copies to keep on file or share. Some of the topics in the brochure include:

- Create a chain of command.
- Keep health information handy.
- Update and organize legal information.
- Create and share advance care plans.
- Plan ahead in case of evacuation.
- Pack a “go bag” to take with you in case of emergencies.

## Why Plan Ahead?

People with dementia have many complex needs that caregivers address on a daily basis. Caregivers may be so caught up in day-to-day care that they do not recognize the importance of planning for potential emergencies—both those that are likely and those that are only possible. It's critical to plan ahead for potential emergencies, safety strategies, and how to develop an emergency care plan to assure for the caregiver's own safety and peace of mind and for the safety of their loved one.

An emergency is a situation or event that creates serious risk and often needs prompt action. Some emergencies can be predicted, even if you don't know exactly when they might occur. Other emergencies occur without warning. Either way, it's best to prepare.

Examples of emergencies include either the caregiver or their loved one getting sick or injured, a storm, or another natural disaster, especially if you lose power and/or water.

### What goes in my emergency care plan?

Create a clearly labeled folder or information packet. Consider using a bright color, like red.

- What to do in various emergencies, such as hospitalization, shelter in place, or natural disasters requiring evacuation
- Who needs to know about your plan?
- Where someone can find important information and documents.
- Advance care planning, such as your living will, power of attorney for health care, do not resuscitate orders, any desires for organ donation, and burial plans.
- How and when you will update information and details.

**1-800-424-2494**



visit our website [www.care2caregivers.com](http://www.care2caregivers.com) for information on caregiver support groups

## What is an emergency care kit?

Often called a "go bag" or a "ready bag," your emergency care kit is a prepackaged collection of things you are likely to need in an emergency situation. Include clearly printed information in indelible ink or in a waterproof bag. Pack as much as you can ahead of time. Have other items, like daily medications, in a place where it's easy to just scoop them up and add them to the bag.

### Resources

Sign up for emergency alerts through your local government, the New Jersey State Police, and the National Weather Service. Learn more at <https://www.nj211.org/> (click on "get help with") and at [Ready.NJ.gov](http://Ready.NJ.gov)

- [Go wish](#) or [Five wishes](#)
- [Judy Kits](#) (premade emergency kits you can order for a fee)
- [Advance Directive forms](#) specific to New Jersey

As always, you can access the Self-Care resources on our website for free.

### Self-Care for Professional Caregivers

[www.care2caregivers.com/self-care](http://www.care2caregivers.com/self-care)

#### Upcoming Caregiver Education 2021

##### World Alzheimer's Recognition Day: Courage to Connect for Change

**September 21 1-2pm**

Join us to spread awareness, stop the stigma and mobilize for action. Join on Zoom, phone or Facebook.  
<https://rutgers.zoom.us/meeting/register/tJ0rfumrrz4jGNLJOWoMi4Z6hhIkCROpglj2>

##### Be Prepared, Be Protected: Emergency Care Planning for Caregivers

**September 28 1-2pm**

<https://rutgers.zoom.us/meeting/register/tJYrc-2grDooEtVy6iuH-Zp9CN8DQU7y2VzN>

For more info email Monica:

[mlt4@ubhc.rutgers.edu](mailto:mlt4@ubhc.rutgers.edu) or call Care2Caregivers at 800-424-2494