Severe Weather Preparedness Checklist for Older Adults

Plan early · protect routines · know when to leave

A caregiver-focused severe-weather plan built around medications, mobility, communication, transportation, and continuity of daily needs.

A free resource from

The Caregiving Concierge™

by AdVantage Digital LLC

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Severe Weather Preparedness Checklist for Older Adults

Local plan · medications · supplies

A caregiver-focused storm plan built around medications, mobility, communication, transportation, and continuity of daily needs.

Generic emergency kits are a start, but older adults may need additional planning for prescriptions, medical supplies, mobility, communication, transportation, pets or service animals, and help evacuating. Build the plan before severe weather is close enough to make decisions harder.

PLAN IS FOR (NAME) _____

PRIMARY CAREGIVER / CONTACT _____

HOME ADDRESS _____

PLAN LAST UPDATED _____

1 KNOW THE LOCAL PLAN

- [ ] Identify the severe-weather risks most likely where the person lives and how local alerts are delivered.
- [ ] Know the nearest appropriate shelter options and whether accessibility, medical needs, pets, or service animals require special planning.
- [ ] Write down at least two evacuation routes and where the person would go if staying home is not safe.
- [ ] Identify who can physically assist with transportation, equipment, or supplies if needed.

2 MEDICATIONS & HEALTH SUPPLIES

- [ ] Keep an up-to-date medication list and pharmacy contact information with the emergency plan.
- [ ] Plan for prescription refills early enough that approaching weather does not leave the person without needed medication.
- [ ] Include routine medical supplies, mobility aids, hearing-aid batteries, glasses, chargers, and other daily-use items.
- [ ] If medication requires refrigeration or special storage, ask the pharmacist or care team how to manage it during an outage or evacuation.

3 MOBILITY, COMMUNICATION & SUPPORT NETWORK

- [ ] List mobility or transfer assistance the person may need during evacuation.
- [ ] Plan how wheelchairs, walkers, oxygen, CPAP, hearing devices, communication devices, or other equipment will travel with the person.
- [ ] Create a support network of family, neighbors, caregivers, or local contacts who know the plan.
- [ ] Choose an out-of-area contact who can help relay information if local calls are difficult.
- [ ] Keep phone numbers on paper in case the phone battery dies or contacts cannot be accessed.

4 SUPPLIES FOR SEVERAL DAYS

- [ ] Water, easy-to-prepare food, and foods that fit the person's dietary needs.
- [ ] Flashlights, batteries, battery-powered or hand-crank radio, and device chargers/power banks.
- [ ] Personal care, continence, hygiene, and sanitary supplies.
- [ ] Copies of identification, insurance cards, medical information, and emergency contacts stored securely.
- [ ] Supplies for pets or service animals, including food, water, medication, leash/carrier, and records.

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Mobility · communication · evacuation

5 HOME & EVACUATION DECISION POINTS

- [ ] Charge phones and backup batteries before expected severe weather.
- [ ] Move outdoor items that could become hazards and check flashlights/alarms.
- [ ] Know what conditions would trigger leaving early rather than waiting for conditions to worsen.
- [ ] If the person lives alone, schedule check-ins before, during, and after the event.
- [ ] Never rely on one person, one phone, or one route as the entire emergency plan.

+ EMERGENCY CONTACTS & EVACUATION PLAN

ROLE	NAME / ORGANIZATION	PHONE	BACKUP / NOTES

Write this down before the weather arrives: Where will the person go? Who will pick them up? What equipment and medications must leave with them? Who is the backup if the first plan fails?

You're doing the hard, invisible work. Planning ahead means fewer decisions have to be made under pressure. The goal is not a perfect emergency kit - it is a workable plan for the person's real daily needs.

Everything about your loved one's care, organized in one place.

The Caregiving Concierge™ helps families organize appointments, providers, medications, documents, schedules, and other important care information in one secure workspace.

Sources informing this resource
Ready.gov/FEMA: Disaster Preparedness Guide for Older Adults; Ready.gov: preparedness guidance for people with disabilities and access/functional needs.