

# Emergency Preparedness Checklist for Seniors Living Alone

This printable checklist is designed for seniors living alone and their caregivers. Tick each box once completed. Review every 6–12 months or after any major health or living change.

## Emergency Contacts & Information

<input type="checkbox"/> Emergency contact list displayed on fridge
<input type="checkbox"/> Emergency contact list by phone
<input type="checkbox"/> Emergency contacts carried in wallet or purse
<input type="checkbox"/> Doctor and pharmacy numbers listed
<input type="checkbox"/> Home address clearly written for responders

## Medical & Health Readiness

<input type="checkbox"/> Medical conditions list updated
<input type="checkbox"/> Medication list with dosages updated
<input type="checkbox"/> Allergies clearly documented
<input type="checkbox"/> Spare medication available
<input type="checkbox"/> Medical equipment labeled and accessible

## Emergency Alert & Communication

<input type="checkbox"/> Emergency alert button worn daily
<input type="checkbox"/> Emergency alert device tested this month
<input type="checkbox"/> Mobile phone fully charged
<input type="checkbox"/> Phone charger reachable from bed
<input type="checkbox"/> Backup communication method available

## Fall Prevention & Home Safety

<input type="checkbox"/> Loose rugs removed or secured
<input type="checkbox"/> Walkways free of clutter

■ Bathroom fitted with non-slip mats
■ Grab bars installed where needed
■ Night or motion lights working

## Emergency Supplies

■ Drinking water (minimum 3-day supply)
■ Non-perishable food available
■ Torch or flashlight with batteries
■ First aid kit fully stocked
■ Spare glasses or hearing aid batteries

## Power, Fire & Utility Safety

■ Smoke alarms tested
■ Carbon monoxide detector working
■ Fire extinguisher accessible
■ Exit routes clear
■ Utility shutoff knowledge reviewed

## Support Network & Review

■ Trusted neighbor informed of emergency plan
■ Spare key arrangement decided
■ Regular check-in schedule set
■ Emergency plan practiced
■ Checklist reviewed within last year