

# 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

- Emergency contact list displayed on fridge
- Emergency contact list by phone
- Emergency contacts carried in wallet or purse
- Doctor and pharmacy numbers listed
- Home address clearly written for responders

## Medical & Health Readiness

- Medical conditions list updated
- Medication list with dosages updated
- Allergies clearly documented
- Spare medication available
- Medical equipment labeled and accessible

## Emergency Alert & Communication

- Emergency alert button worn daily
- Emergency alert device tested this month
- Mobile phone fully charged
- Phone charger reachable from bed
- Backup communication method available

## Fall Prevention & Home Safety

- Loose rugs removed or secured
- 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