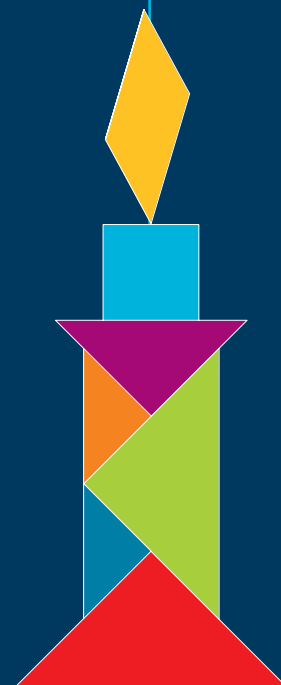


# DISASTER PREPARATION CHECKLIST FOR MEDICALLY COMPLEX PATIENTS



# Disaster preparation checklist for medically complex patients

If you or someone you love lives with complex medical conditions, you're no stranger to planning. Managing medications, maintaining an appointment schedule with multiple physicians, and preparing for any out-of-home trip require significant forethought. Planning for an emergency situation is no different.

In the event of a disaster, the last thing you want to worry about is how to power your loved one's medical equipment or ensure they have adequate prescriptions. We've created this checklist to simplify the preparation process, so you can focus on taking care of yourself and your family when the unexpected happens.



## Personal information and medical records

Scan or take photos of all your documents and save them on your phone under "favorites." It's also a good idea to print the copies and store them in a watertight container, in case you're unable to access your device.

- Driver's license(s)
- Passport(s)
- Social security card(s)
- Birth certificate(s)
- Proof of custody, if applicable
- Bank account information
- Advance directives
- Insurance cards
- Physician(s) contact information\*
- Medical records from each physician, if possible
- Neuropsychological test results
- Prescription information, including:
  - Prescribing physician
  - Physician's phone number
  - Diagnosis
  - Drug name
  - Dosage and frequency
- Allergy information
  - Drug
  - Food
  - Environmental
- Vision and hearing records, including eyeglass/contact prescriptions
- Medical alert tags or bracelet
- Card containing communication instructions if your child has speech or social challenges
- Emergency contact information, including a list of doctors, family members and friends who should be notified if you, your partner or your child are injured
- Authorization Agreement for Voluntary Adult Caregiver, which authorizes family or friends to make decisions on your child's behalf if you are unavailable for any reason (be sure to provide the voluntary adult caregiver with a copy, as well)
- List of medical facilities in your area (including urgent care clinics, hospitals, and dialysis centers, as applicable), as well as nearest out-of-town options



**Mark your calendar or set a phone reminder to update your documents and go bag every six months.**

Review all information to ensure it's up-to-date and check the expiration dates on your emergency prescription supply.



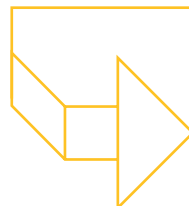
## Medical equipment and supplies

- Prescription medications — at least a two-week supply
- EpiPen
- CPAP machine
- Sterile water
- Feeding supplies
  - Formula
  - Thickeners
  - G-tube extensions
  - Buttons
  - Syringes
- Facial tissues
- Cotton swabs
- Incontinence products
  - Diapers
  - Baby wipes
  - Ostomy bags
  - Bed pads
  - Latex gloves
- Ventilator supplies
  - Syringe (for use with cuffed tube)
  - Drain sponges (for tracheostomy)
  - Replacement inner cannular and or temporary inner cannula
  - Replacement tubes (for tracheostomy)
  - Small wash basin
  - Suction catheters (tracheal, oral, and nasal)
  - Suction canisters
  - Suction machine with connection tubing
  - Tube mask/trach collar
  - Twill tape or other tube holders
  - Water-soluble lubricant
  - Manual resuscitation bag
  - Spare ventilator circuit
  - Spare exhalation valve
  - Spare HEPA filters
- Diabetes supplies
  - Insulin
  - Syringes
  - Blood sugar meter (with extra batteries and strips)
  - Lancets
  - Lancing devices
  - Insulin pump supplies (including extra pump sets, cartridges, and insertion devices)
  - Glucagon kits
  - Ketone strips
  - Glucose tablets



## Disaster basics

- Radio (battery-powered)
- Mobile apps
  - Wireless Emergency Alerts (WEA)
  - First Aid: American Red Cross
  - FEMA
  - National Weather Service
  - Local TV weather stations
  - Local neighborhood app, such as Nextdoor or Ring
- Local and regional maps
- Cash (for food or gas, in case credit card machines are down)
- Credit cards
- Duct tape
- Ziploc bags
- Trash bags
- Pocket knife or multi-tool
- Flashlights
- Lanterns
- Candles (battery-powered)
- Candles and matches (in a watertight container)
- Fans (battery-powered)
- Toilet paper
- Paper towels
- Paper plates
- Plastic flatware
- Cooler



**Fill your bathtub with water for non-potable uses, such as filling the toilet, bathing, and washing dishes.**



### Evacuation basics

- Sleeping bags
- Blankets
- Pillows
- Soap
- Shampoo and conditioner
- Skincare products
- Sanitary products
- Change of clothes (at least three full changes per person)
- Over-the-counter medications
  - Antacids
  - Antihistamines
  - Cold medicines
  - Pain relievers
  - Gastrointestinal aids
- Facial tissues
- Cotton swabs
- First aid kit
  - Adhesive bandages in various sizes
  - Elastic bandages
  - Sterile gauze pads and gauze rolls
  - Adhesive tape
  - Antiseptic wipes
  - Hand sanitizer
  - Hydrogen peroxide
  - Antibiotic ointment
  - Tweezers
  - Scissors
  - Safety pins
  - Instant cold packs
  - Thermometer



### Food and water

- Bottled water (three-day supply, at least 1 gallon per person per day)
- Non-perishable food items (three-day supply)
- Your child's favorite snacks, such as:
  - Chips
  - Crackers
  - Fruit and vegetable pouches
  - Trail mix
  - Juice boxes
- Protein, such as:
  - Meat (canned)
  - Seafood (canned)
  - Beans (canned)
  - Nuts
  - Nut butters
  - Protein bars
- Grains, such as:
  - Cereal
  - Crackers
  - Granola
  - Pretzels
- Dairy, such as:
  - Cheese (shelf-stable, processed)
  - Milk (canned, boxed, or dried)
  - Yogurt (shelf-stable pouches or powder)
- Manual can opener
- Camping stove and fuel (for outside use only)
- Pet food and supplies, if needed



### Power

- Generator (for use outside only)
- Batteries
- Chargers for all electronic devices



### Activities and toys

- Books and magazines
- Coloring books and colored pencils
- Mad Libs and travel-sized board games
- Puzzles
- Playing cards
- Your child's favorite items, such as:
  - Stuffed animals
  - Weighted blankets
  - Sound machines (battery-powered)
  - Noise-cancelling headphones
  - Fidget toys



### Register for priority power restoration.

(Ask your electricity provider for instructions on how to be added to this list. You may be required to submit a form signed by a physician.)







## Prescription Medication List

Name \_\_\_\_\_ Age \_\_\_\_\_

Drug Name \_\_\_\_\_  
Diagnosis \_\_\_\_\_  
Dosage & Frequency \_\_\_\_\_  
Prescribing Physician \_\_\_\_\_  
Physician's Number \_\_\_\_\_

Drug Name \_\_\_\_\_  
Diagnosis \_\_\_\_\_  
Dosage & Frequency \_\_\_\_\_  
Prescribing Physician \_\_\_\_\_  
Physician's Number \_\_\_\_\_

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Diagnosis \_\_\_\_\_  
Dosage & Frequency \_\_\_\_\_  
Prescribing Physician \_\_\_\_\_  
Physician's Number \_\_\_\_\_





## Care that goes beyond clinical

Nexus Health Systems is a safe and efficient discharge option for complex cases requiring medical and behavioral management.

**NEXUS**  
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MENDING MINDS.