



Preparing For A Special Needs Shelter

Here is a checklist designed to assist you in preparing for a stay at a special needs shelter during a natural disaster. While it is specifically tailored for caregivers of individuals with dementia, it can be applicable in various caregiving situations.

- ☐ Prescription medication for 7-10 days (each in its original bottle) with clearly marked medication name, dosage, prescriber information, pharmacy name, and phone number
- ☐ Glasses and hearing aids with replacement batteries
- ☐ Documents: insurance information cards, physician names and contact info, next of kin information, names of home health, hospice, and durable medical equipment providers, including dialysis, if applicable.
- ☐ Power of Attorney, Legal Guardianship, Health Care Surrogate, and DNR. (These documents should be backed up electronically on your phone.)
- ☐ Wound care or diabetic supplies.
- ☐ Incontinent supplies.
- ☐ Oxygen O2 and supplies (such as a concentrator and attachments) if used at home.
- ☐ Wheelchair or walker if needed. Make sure you have the charger for an electric wheelchair.
- ☐ Clothing including socks, underwear, shirt, pants, jacket, pajamas for 7 days, and closed-toe shoes.
- ☐ Favorite warm blanket and pillow. If you have a cot or sleeping mat, bring it.
- ☐ Reading materials, games you may play at home, family photos to inspire memories and crafts.
- ☐ Music therapy: MP3 players with preloaded song list, equipped with a headset and a backup battery or charging bank.

- ☐ Familiar snacks or foods that meet your dietary restrictions. Food is available, but there aren't many choices.
- ☐ Cell phone with extra battery or charging bank. The shelter's power must be reserved for oxygen and other medical equipment.
- ☐ If the client is fidgety, pack something tactile for them Caregiver! (Photo albums or magazines, playing cards.)
- ☐ Service animals: bring food, bedding, water bowl, cage, medications, leash, toys, and proper records.

Please keep in mind you will be limited on how much belongings you can bring. Ideally, you want to be able to put everything that will slide under a cot.

This checklist is available in PDF form to print at:

~~DementiaMentors.org~~

Please make sure you keep your vehicle's fuel tank or electric battery at least half full/charged during the Hurricane Season.