

## Preparing for a Special Needs Shelter

**Below is a check list to help you prepare for a stay at a special needs shelter during a natural disaster. This list is geared toward those caring for those living with dementia, but can be used in most caregiving circumstances.**

- 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 and Health Care Surrogate. (These documents should be backed up electronically on your phone.)**
- Wound care or diabetic supplies.**
- Incontinent supplies.**
- Oxygen O2 and supplies ( such as concentrator and attachments) if used at home.**
- Wheelchair or walker if needed.**
- Clothing including socks, underwear, shirt, pants jacket, pajamas for 7 days and closed toe shoes.**
- Favorite warm blanket and pillow.**
- 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.**

- Note — Caregivers must bring their own air mattress.**

**This check list is available in PDF form to print at:**

**<https://dementiaspotlightfoundation.org/resources/>**