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 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/

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