



Family Caregiving COOP Plan

Each family caregiver has the responsibility of making sure care continues, even when events happen that can cause hardship or shut down businesses in a community. Your family Continuity of Operating Plan, your personalized COOP plan, will make sure you have a good plan in place for whenever your day-to-day routine is disrupted.

Identified Medical Needs of Family Member

Complete a form for each family member with special medical needs.

Receiving Home Health Care or Hospice Services

Name and phone number of Provider: _____

Special Dietary Needs - _____

Oxygen - Uses Liters per minute, how many tanks per day? _____

Mobility – Uses a Cane Walker Wheelchair Scooter Other _____

Medications

Shelter in Place or Relocate During Time of Emergency

Will Shelter at Home

Will Shelter Somewhere Else – Family, Friend, Community Shelter,

Name and address of shelter:

If you are choosing to relocate to a shelter or with a family member or friend, make sure you prearrange with the person in charge to make sure there is room for you and your family's needs.

Will Need Assistance with Transportation to Another Location

Ambulance Non-emergency transportation (NET contact info: _____)

Family Member to transport



Home Emergency Preparedness Kit

___ Water - One gallon/per day/per person

___ Food - Two-week supply of non-perishable food per person. The list suggests electrolyte drinks, ready-to-eat canned meat, canned or dried fruit and vegetables, canned or boxed juices, protein drinks such as Ensure or Boost, powdered milk and soup, crackers, granola, and trail mix. Take care to meet dietary needs of the medically fragile in this stockpile.

___ Can Opener, Trash Bags, Paper Towels or Wet Wipes – Non-electric, manual opener; pop top canned goods, trash bags to dispose of used packaging materials (cans, boxes, bags, etc.), paper towels or wet wipes to help with clean up and sanitation.

___ Medications - Collect one month's worth of all prescription medicines you, your care receiver, and other in-home members are taking. Make sure the medications are clearly labeled to avoid a mix-up. Include non-prescription fever/pain reliever, antacids, anti-diarrheal items, etc., in your stockpile. Coordinate medication stockpile with home health or hospice if your care receiver is receiving those services.

___ First Aid Kit - Include the basics, such as antiseptic, gloves, a variety of bandage sizes, thermometer, and protective masks.

___ Flashlights – Bright lantern-style light for hands-free use. Remember extra batteries and rotate stockpiled batteries to ensure shelf-life currency. I recommend headlamps because they take smaller batteries, are hands-free, and are excellent for lighting a path when walking, cooking, or leisure activities such as games or reading.

___ Radios - Battery-powered weather radio with alert sound and a radio for listening to news and weather. Consider buying a crank-operated or solar-powered radio. Do not forget extra batteries and rotate stockpiled batteries to ensure shelf-life currency.

___ Clothes - Collect an extra set of clothing, including socks, and shoes, and jacket per person. Evaluate size and replace every six months. For medically fragile members of your family, pack 2-3 extra sets of clothing and include incontinence supplies as needed.

___ Personal Care – Include the basics like soap, toilet paper, toothbrush, hand sanitizer, cleaning supplies, bleach, garbage bags, and feminine products. Each family member should have their own toiletries zippered bag. Label each bag.

___ Important Documents

___ Extras - Consider packing blankets, rain gear, and outerwear in case of inclement weather.

___ Leisure Activities – Include things to occupy your care receiver, such as fidget busters for those struggling with dementia, large print puzzle books, large jigsaw puzzles with less than 50 pieces, etc.

The Alabama Department of Public Health's "Get Ready, Get 10" campaign was the foundation for this emergency preparedness checklist. Tips and recommendations for families who are caring for loved ones with fragile health have been added by ACP.