

TITLE: EMERGENCY PREPAREDNESS FOR OLDER PEOPLE

<http://www.ilcusa.org>

International Longevity Center (ILC-U.S.) is a policy research and education center, and a nonprofit organization working for the betterment of society at all levels. It is particularly effective for older people to strengthen the relation of older people with their families.

In doing so the **International Longevity Center (ILC-U.S.)** also works in developing the required skills that would help people who by the time have lived for about six decades of their lives to face the challenges of life and to be ready to take certain actions in need. To date, these people have faced many challenges of life but as the time passes, the ability to face challenges becomes weaker. For these older people to be strengthened to live life happily in these difficult years the **International Longevity Center (ILC-U.S.)** has developed certain techniques to educate those with functional limitations or dementia or even those who are suffering from one or more chronic illnesses.

Why to take care more of Older People?

The **International Longevity Center (ILC-U.S.)** takes care more for Older people because they are more vulnerable and exposed to danger as many of them are sufferers of impaired physical mobility, chronic health conditions, diminished sense organs or sensory. Due to these reasons older people are weaker than young adults and must be prepared to respond and adapt in event of a disaster.

What to do when in danger?

In instances when older people are exposed to danger, they must remain calm and not panic. Secondly, if they cannot move on their own then they must wait for the help to reach them. Fortunately those who can use mobile phone, immediately dial 911 for help. Animals that are pets can also be trained to deal with calamities for their elderly masters.

It is recommended that the older people should always keep a photocopy of their doctors' prescription with them so that it might get easier to provide assistance and aid to them within time.

It is also advised to prepare for disasters that usually take place in their local area. Such as people living in California should be prepared for earthquakes and wild fires while those living in Florida must be prepared to deal with hurricanes while those living in Midwest should know how to deal with tornados.