

Special Health Care Needs

If you are a person with special health care needs living at home, or you are the caregiver of a person with special health care needs, you should consider the following to plan for pandemic influenza:

- ✓ Make a list of what you need everyday:
 - ☐ Medications
 - ☐ Special treatments and supplies
- ✓ Make a list of your health care professionals:
 - ☐ Primary, secondary and specialty physicians
 - ☐ Pharmacy providers
 - ☐ Hospitals
- ✓ Wear a medical alert tag or bracelet
- ✓ Notify the electric company if you are dependent on electricity to survive
- ✓ Choose someone to help with your care if your family or regular caregiver is sick:
 - ☐ In Case of Emergency (ICE) listed on cell phone
 - ☐ Buddy System (Who will check on you and your family?)
 - ☐ Communication among family members with long distance contact
 - ☐ Support system (How to stay in touch with family members)
- ✓ Have an alternate source of power (i.e. generator)
- ✓ Have an alternate way to communicate (landline phones, phones that operate without electricity, cell phones, email, medical alert call systems, ham radios, etc.)
- ✓ Know the groups in your community that can help you (i.e. churches, independent living centers, meals on wheels, etc.)
- ✓ Discuss with your employer whether you can work from home/telecommute, if needed
- ✓ Stock extra medication by refilling your family's prescriptions as soon as your pharmacy allows
- ✓ Give someone you trust a key to your house or apartment, and let that person know where emergency supplies are located
- ✓ Make sure your service animals and pets are cared for
- ✓ Make an emergency kit readily available for your family

Refer to *"Preparing for Pandemic Flu: A Community Guide"* for more information

Resources:

Ready in 3: http://www.dhss.mo.gov/Ready_in_3/index.html

Disaster Preparedness for People with Disabilities:

<http://www.redcross.org/www-files/Documents/Preparing/A4497.pdf>

A Guide for Individuals and Families: <http://www.pandemicflu.gov/plan/pdf/guide.pdf>

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In case of an emergency, this information can be shared with family members, friends, neighbors, and/or employers:

List Name and Phone Number

Local Personal Emergency Contact(s)

Out-of-Town Personal Emergency Contact(s)

Family Physician(s)

Specialty Physician(s)

Pharmacy

Employer Contact(s)

School Contact(s)

Veterinarian (Service Animals)

Religious/Spiritual/Community Organizations

Personal Medical Information

List areas you need assistance in

List major health concerns (diagnoses)

List durable medical equipment used (include serial numbers, make and model)

List Health Insurance Information (include provider name and policy/group number)

