Lieutenant Governor's Office on Aging

Area Agency on Aging
(AAA)/Aging Disability Resource Center (ADRC)

Regional Contact Information

Region 1, Appalachia -- (864) 242-9733
(Anderson, Cherokee, Greenville, Oconee, Pickens and Spartanburg counties)
1-800-434-4036 (outside Greenville County)

Region 2, Upper Savannah -- (864) 941-8069
(Abbeville, Edgefield, Greenwood, Laurens, McCormick and Saluda counties)
1-800-922-7729 (outside Greenwood County)

Region 3, Catawba – (803) 329-9670
(Chester, Lancaster, York and Union counties)
1-800-662-8330 (outside York County)

Region 4, Central Midlands -- (803) 376-5390
(Fairfield, Lexington, Newberry and Richland counties)
1-866-394-4166 (outside Richland County)

Region 5, Lower Savannah -- (803) 508-7033
(Aiken, Allendale, Bamberg, Barnwell, Calhoun, and Orangeburg counties)
1-866-845-1550 (outside Aiken County)

Region 6, Santee Lynches -- (803) 775-7381
(Clarendon, Kershaw, Lee and Sumter counties)
1-800-948-1042 (outside Sumter County)

Region 7, Pee Dee -- (843) 383-8632
(Chesterfield, Darlington, Dillon, Florence, Marion and Marlboro counties)
1-866-505-3331 (outside Darlington County)

Region 8, Waccamaw -- (843) 546-4231
(Georgetown, Horry and Williamsburg counties)
1-888-302-7550 (outside Georgetown County)

Region 9, Trident -- (843) 554-2275
(Berkeley, Charleston and Dorchester counties)
1-800-894-0415 (outside Charleston County)

Region 10, Lowcountry -- (843) 726-5536
(Beaufort, Colleton, Hampton and Jasper counties)
1-877-846-8148 (outside Jasper County)

SENIOR P.R.E.P.
Planning and Resources for Emergency Preparedness

To contact the Lieutenant Governor's Office on Aging, CALL 1-800-868-9095.

IMPORTANT NUMBERS TO KNOW

Where can I find help during a major disaster?

The South Carolina Emergency Management Division (SCEMD) is the coordinating agency responsible for the statewide emergency management program. When a disaster happens, SCEMD brings representatives from state government and volunteer organizations together under one roof to effectively coordinate a rapid response. SCEMD works closely with county and municipal emergency managers, as well as its federal counterpart, the Federal Emergency Management Agency (FEMA). For more information regarding your county emergency management division, and/or to request assistance and/or resources during a disaster, **contact the State Emergency Operations Center (SEOC) at (803) 737-8500.**

Where can I find help for day-to-day assistance?

There are 10 regional Area Agencies on Aging (AAAs)/Aging and Disability Resource Centers (ADRCs) who provide services, such as home-delivered meals, transportation, in-home care, etc., to help enhance the quality of life for older adults, and adults with disabilities. No matter where you are in the state, someone is there to help.

For more information on your local AAA/ADRC and the services they provide, call 1-800-868-9095, or visit www.scaccesshelp.org.

YOUR Important Numbers to Know

The following local information is important when planning for emergencies .

Local Police: _____

Local Fire Department: _____

County Emergency Management Office: _____

Utility Company: _____

SC Emergency Management Division: (803) 737-8500
Poison Control: 1-800-222-1222
American Red Cross: 1-866-438-4636

DISCLAIMER: This document is provided as a public service by the Lieutenant Governor's Office on Aging. This document was created in collaboration with, and through the guidance of, the SC Emergency Management Division (SCEMD) and is meant to be a tool to help raise awareness of the importance of emergency preparedness for older adults, adults with disabilities, and their caregivers. To contact the Lieutenant Governor's Office on Aging, call 1-800-868-9095. All information in this brochure is current as of March 2015 and is subject to change.

SENIOR P.R.E.P.

Planning and Resources for Emergency Preparedness

Plan Ahead.
Stay Ahead.
Have You Prepared?

SENIOR P.R.E.P

Planning and Resources for Emergency Preparedness

SENIOR P.R.E.P. is a program designed to raise awareness of the importance of individual emergency preparedness for South Carolina's senior population, sponsored by the Lieutenant Governor's Office on Aging.

DID YOU KNOW?

Our State's senior population is growing at a significant rate. The projected surge in our senior population over the coming years has been referred to by many as the "gray tsunami." This wave of seniors is expected to present both national and local challenges, and in South Carolina alone, our senior population is projected to more than double, to 1.8 million, by the year 2030. Senior P.R.E.P. provides planning resources to aid our senior population in their emergency planning process, and allows them to continue to live as independently as possible.

Public Emergencies VS. *Personal* Emergencies

- Not all emergencies are a result of a natural disaster.
- As the State of South Carolina prepares for the "gray tsunami," individual emergency preparedness should also include planning for short and long-term needs of you, your family, and your loved ones.
- Regardless of the size, it only takes one life-changing event to find yourself in an emergency situation.

The Facts

- You should have an accessible emergency kit and plan at home, at work, and in your car.
- You should be prepared to sustain yourself and your family for at least 72 hours.
- Identifying potential hazards ahead of time can reduce the dangers of serious injury or loss of life.

EMERGENCY TIPS

- **Talk to your insurance agent to make sure you have adequate disaster coverage.**
- Talk to your support system and make decisions about what you will do during an emergency (i.e. a central meeting spot, communication plans, etc.).
- **Review your emergency plan regularly.**
- Discuss emergency plans with your family or neighbors who may be able to help you during emergencies.
- **Make plans on where you will go if asked to evacuate.**
- Consider what personal abilities and limitations may affect your response during an emergency.
- **Check your emergency kit every six months for expired items.**
- Notify your local fire department of any special needs you may have that would require assistance.
- **Label special equipment with your contact information.**
- Keep support items in an easily accessible area.
- **Post important numbers near your phone.**
- Plan ahead for your pets and service animals.
- **Test your smoke and carbon monoxide alarms to ensure they have power, and make sure your smoke alarms are not expired and not more than 10 years old.**
- Keep vital records and important documents in a secure place.
- **Keep a list of all medications, prescriptions, and dosages.**
- Refill your prescriptions when they are eligible.
- **Follow local media for updates and advice of emergency management personnel.**
- Stay calm, stay informed, and know your area.
- **Call your local resources for assistance.**
- Make any additional efforts for planning and preparedness based on the needs of you and your family.

THINGS TO CONSIDER

Don't be afraid to ask for help.

Plan for Your Pet(s)

Remember that animals react differently under stress.
It is important to make plans for them before an emergency.

- Include your pet in your family disaster plan.
- Keep immunization records.
- Have a cage/carrier and a "go" kit for each pet (i.e., food, water, medicines, etc.).
- Use an ID method for each animal.
- If you evacuate, plan to evacuate your pet, too.

What about shelters?

- Shelters are generally a place of last resort; be prepared to shelter in place unless required to evacuate.
- Emergency plans should include alternate locations to which you can travel.
- In the event you must use a shelter, there are two types: American Red Cross and Special Medical Needs Shelters (SMNS). Check with your local emergency management office to determine if you are eligible for a SMNS.
- In the event of a major disaster and evacuation, monitor local media, as well as emergency alerts via radio and road signs, for information about the nearest shelter.

Citizens with Disabilities or Functional Needs

- Plan with neighbors, family, and caregivers to assist with limitations.
- Have a plan or backup resource to power essential medical equipment.
- Check with any agency providing you services for special provisions in an emergency.
- Have clear, specific, and concise instructions for rescue personnel regarding special needs or equipment.
- Include necessary assistive technology and medical supplies (i.e. oxygen tank) in your emergency kit.
- Have manual backups for electric assistive technology.
- Map out accessible emergency exits at work and/or home.
- Consider getting a medical alert system that can be used to call for help.
- Make plans for safe transportation if required.

EMERGENCY BASIC NEEDS AND SUPPLIES CHECKLIST

- ☐ FLASHLIGHT W/BATTERIES
- ☐ MEDICATIONS *(7 DAY SUPPLY)*
- ☐ LEGAL DOCUMENTS *(I.E. INSURANCE, WILL, ETC.)*
- ☐ PERSONAL HYGIENE & SANITATION ITEMS
- ☐ EXTRA EYEGLASSES, HEARING AIDS, ETC.
- ☐ FAMILY AND EMERGENCY CONTACT INFORMATION
- ☐ WATER *(TWO GALLONS PER PERSON PER DAY)*
- ☐ NON-PERISHABLE FOODS AND MANUAL CAN OPENER
- ☐ FIRE EXTINGUISHER
- ☐ PLASTIC SHEETING & DUCT TAPE TO
- ☐ SHELTER IN PLACE
- ☐ MULTIPURPOSE TOOL TO SECURE HOME
- ☐ WHISTLE TO SIGNAL FOR HELP
- ☐ FIRST AID KIT, MASK, AND MANUAL
- ☐ MAP(S) OF LOCAL AREA
- ☐ CASH AND COINS
- ☐ CHANGE(S) OF CLOTHING
- ☐ CELL PHONE WITH EXTRA BATTERY AND/OR CHARGER

SC Emergency Management Division:
(803) 737-8500
Poison Control: 1-800-222-1222
American Red Cross: 1-866-438-4636

HELPFUL WEBSITES

The information provided in the following websites may be useful, although not all of the listed sites are official government sites, and may not be completely up-to-date or accurate.

SC Emergency Management . . . . . www.scemd.org
American Red Cross . . . . . www.redcross.org
FEMA . . . . . www.fema.gov
SC Access . . . . . www.scaccesshelp.org
Senior P.R.E.P. . . . . . www.aging.sc.gov/programs/Pages/SeniorPREP

It's never too early to start planning.

SENIOR P.R.E.P.
Planning and Resources for Emergency Preparedness

In case of an emergency,
call 9-1-1.