

GRAB 'n' GO -

BE PREPARED: Remember your walking cane, rolling walker, or wheel chair, if necessary.



Make it *your* list – only add what you need...it may be more, it may be less.

1. Make an emergency Grab 'n' Go Bag

(large backpack might do, with or without wheels) for you and your loved one(s).

Gather items and determine best size needed. Can you lift or carry it?

CHOOSE WHAT WORKS BEST FOR YOU. These are only suggestions.

Amazon Carry On Travel Backpack and OIWAS Rolling Backpack are only examples of what you could use.

- Slippers, extra set of clothes
- Extra underwear or depends
- Plastic bag to put wet clothes in
- Tissues, wet wipes
- Spare eyeglasses, sunglasses
- Medical documents, medication list, medications
- Personal insurance documents/copies
- Health card(s), doctor list and phone numbers
- Small notebook and pencil
- Phone (if not elsewhere) and phone charger/cord
- Identification documents, including passports
- Personal lanyard with ID to be worn if away from home
- Power of Attorney (POA), copy of will
- Current photograph with name on back
- iPad, book and/or magazine for entertainment for one with Alzheimer's
- Medic Alert information (be sure bracelet or ID is worn)
- Emergency phone list in case you need to make calls
- Bottled water for each person
- Snack items
- Extra money or credit card
- Face masks and disposable gloves
- Hand Sanitizer



Suggestions only. Use a bag type that works for your situation, size, weight, function, contents.

2. Evacuation plan

- Follow plans, rules, orders to make efficient evacuation
- Know the meet-up place assigned (tree across the street, etc.)
- Plan transportation to call, plan a safe destination
- Prepare to share diagnosis with staff where you go, hotel, airline etc.
- Stay together, do not leave loved one alone
- Remain calm so as not to create anxiety for anyone
- Prepare what you would do if wandering, agitation or aggression were to begin.

For your local area, check online to see if there are specific instructions for emergencies related to those with memory loss. Put the information in your bag.

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YOUR NOTES: