

HEMOCARE EMERGENCY PREPAREDNESS CHECKLIST

When someone you love has complex medical needs, an emergency plan must do more than cover food and flashlights. Use this checklist to plan how essential care will continue if your normal routine is disrupted.



1. ESSENTIAL CARE PLAN

- ☐ List medications and treatments that must remain on schedule.
- ☐ Identify feeding, respiratory, mobility, toileting, positioning, and other needs that cannot safely wait.
- ☐ Record warning signs that require a call to the care team, equipment provider, or emergency services.
- ☐ Note which tasks a trained family member can safely perform—and which require a nurse or medical support.
- ☐ Keep printed and digital copies of the current care plan, medication list, allergies, diagnoses, and emergency instructions.

CARE THAT CAN'T BE INTERRUPTED:

FIRST PERSON TO CONTACT:

2. BACKUP NURSING + CARE

- ☐ Know who to contact at Hiawatha if nursing care may be interrupted.
- ☐ Identify at least one trained family member or caregiver who can provide essential care temporarily.
- ☐ Determine which parts of care can safely be delayed—and for how long.
- ☐ Decide where you will go if care can no longer be safely provided at home.
- ☐ Know your loved one's Hiawatha emergency priority classification.

L1: Care cannot be interrupted.

L2: Care may be briefly postponed with trained support.

L3: The client is stable with basic support.

L4: Care may be postponed 72+ hours with capable support.

If your loved one's condition or available backup support changes, contact Hiawatha to discuss whether their classification should be updated.

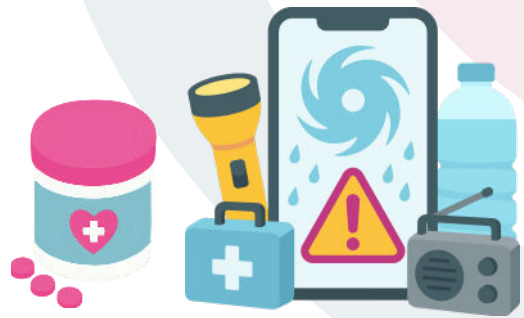
3. POWER + EQUIPMENT

For every essential device, record:

- ❑ Power requirements and approved backup source
- ❑ Battery runtime and charging instructions
- ❑ Required cords, adapters, batteries, and accessories
- ❑ Equipment provider or manufacturer contact information
- ❑ What to do—and where to go—if backup power fails
- ❑ How to confirm device settings after power returns
- ❑ Safe storage instructions for refrigerated medications
- ❑ Whether your electric utility offers a medical alert or priority-restoration program

SAFE TIME AT HOME WITHOUT POWER:

EQUIPMENT PROVIDER:



4. EMERGENCY SUPPLIES

STAY-AT-HOME SUPPLIES

- ❑ At least seven days of essential medications
- ❑ Feeding, respiratory, wound-care, continence, and hygiene supplies
- ❑ Food and water for at least three days, or up to two weeks when possible
- ❑ First aid, flashlights, batteries, power banks, and a weather radio
- ❑ Clothing, blankets, mobility or communication aids, and pet supplies

PORTABLE GO BAG

- ❑ Immediate medications and care supplies
- ❑ Care summary, medication list, allergies, and emergency contacts
- ❑ Identification and insurance cards
- ❑ Essential equipment, charged batteries, cords, and instructions
- ❑ Water, appropriate food, clothing, hygiene, comfort, and sensory items

Keep both kits easy to find. Check expiration dates, battery levels, and supplies every six months.

5. COMMUNICATION + EVACUATION PLAN

- Choose a primary destination and an alternate outside your immediate area.
- Confirm the destination can accommodate medical equipment, oxygen, mobility needs, refrigerated medication, a caregiver, and service animals or pets.
- Define primary/alternate evacuation routes.
- Arrange accessible transportation for your loved one, caregiver, equipment, and supplies.
- Choose an out-of-area contact who can coordinate family updates.
- Write essential phone numbers on paper in case digital devices are unavailable.

PRIMARY DESTINATION:

ALTERNATE DESTINATION

TRANSPORTATION:

OUT OF AREA CONTACT:

6. PRACTICE YOUR PLAN

- Assign who will check equipment and start backup power.
- Assign who will contact Hiawatha and monitor official alerts.
- Assign who will gather medications, documents, equipment, and the go bag.
- Practice how your family will shelter at home or relocate safely.
- Review the plan every six months and after changes to medications, equipment, caregivers, or medical needs.

TRY THIS FIVE-MINUTE DRILL

The power has been out for 20 minutes. *Who checks the equipment? Who contacts Hiawatha? How long can essential care continue at home? Where will you go if power isn't restored?*

WHEN AN EMERGENCY HITS

- Address immediate danger and call 911 when urgent medical help is needed.
- Check essential care, medical equipment, and backup power.
- Follow official shelter or evacuation instructions
- Contact Hiawatha if care or nursing coverage may be disrupted.
- Gather medications, medical information, equipment, and the go bag.
- Shelter or relocate according to your loved one's individualized plan.