



PRESBYTERIAN HEALTH NETWORK

A Network of the Presbyterian Health, Education & Welfare Association (PHEWA)

Things to Consider

As you begin to plan for possible disaster events, here are some things to think about and discuss with the person you are caring for, your family, and church family. These topics, along with other parts of this packet, would be a good church school, small group, or older adult group study. Remember, what we believe about God affects the life choices we make! Verbalizing our concerns and fears and planning ahead will reduce the stress of daily caregiving as well as caregiving in the midst of a disaster.

- ♥ **What kinds of disasters might I really face?** Jesus said in Matthew 6, “Can any one of you by worrying add a single hour to your life?” Do the “How Safe is Your Community?” assessment so you can let go of a few worries!
- ♥ **How will my family communicate if we are not together when a disaster strikes?** What is my plan if telephone/cell phone service is disrupted?
- ♥ **Where will we meet if we are separated during a disaster?** Discuss a neighborhood location and a more distant meeting place if a disaster impacts you and the person you are caring for.
- ♥ **Am I willing to evacuate when necessary?** What might keep me from leaving my home?
- ♥ **How comfortable and safe do I want to be?**
- ♥ **What helpful resources are located in my own neighborhood?** Fill out “My Neighborhood Resources” and put it on your refrigerator.
- ♥ **Do I feel I can handle a disaster situation myself?**
- ♥ **Do I have family, friends, or neighbors who will help me?**
- ♥ **Can I rely on my church family to support and help me?**
- ♥ **Am I willing to ask for help?**

Thank you, Family Caregivers, for all you do!