



PRESBYTERIAN HEALTH NETWORK

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

My Neighborhood Resources

It is important to know the available resources right in your own neighborhood—not just in the event of a disaster, but also for the daily challenges you face as a caregiver. Fill out this information sheet and post it on your refrigerator for quick reference.

Nearest Facility	Address	Phone Number
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Fire Station

Police Station

Urgent Care Facility

**Rescue
Squad/Ambulance**

Hospital

Pharmacy

Neighbors You Can Call

- 1.
- 2.

**Amateur or Hobby Radio
Operator**

Your Church

Special Needs Shelter**



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Other Helpful Ideas for Caregivers and Neighbors

- Exchange house keys and contact information with at least one neighbor.
- Work with your neighbors to compile the following information for the safety and wellbeing of all:
 - ✓ A list of neighbors with resources that can be shared—tools, pet carriers, wheelchairs, snow removal equipment, generators, pickup trucks, etc.
 - ✓ A list of individuals and pets living in each home.
 - ✓ Where the nearest pay phone is located - there still are some. (Keep a roll of quarters on hand!)

****A Special Needs Shelter** is designed to offer more comprehensive service to individuals living with disabilities. These shelters have a registered nurse on staff and have a limited number of medications available. The shelter coordinates with local aging and health agencies to be able to provide some services through these agencies. If available, a Special Needs Shelter is the best choice for an individual who cannot function independently. Not all communities have a designated Special Needs Shelter. Contact your local Area Agency on Aging or Emergency Management office to get information.

Thank you, Family Caregivers, for all you do!