

September is National Preparedness Month!



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# Individual & Community Preparedness



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As we enter the month of September, it's a great time to reflect on the importance of being prepared for the unexpected. National Preparedness Month, recognized annually, serves as a reminder that disasters and emergencies can strike at any moment. Whether it's a natural disaster, a public health crisis, or any unforeseen event, being prepared can make all the difference in ensuring the safety and well-being of ourselves, our loved ones, and our communities.

The 2023 National Preparedness Month theme is "**Take Control in 1, 2, 3**". The campaign will focus on preparing older adults for disasters, specifically older adults from communities that are disproportionately impacted by the all-hazard events, which continue to threaten the nation.

For more information and preparedness resources during National Preparedness Month visit: [National Preparedness Month | Ready.gov](#)

# Take Control in 1,2,3

By the year 2035, the U.S. Census Bureau projects that there will be more Americans over the age of 65 than under the age of 18. Over the next decade, it is imperative that the growing older adult population become more aware of their risks and better prepare for them.

Similarly, we know older adults can face greater risks when it comes to the multitude of extreme weather events and emergencies we now face, especially if they are living alone, are low-income, have a disability, or live in rural areas.

Older adults and their caregivers can overcome these potential obstacles and increase their resilience by taking control in 1, 2, 3.

1. **Assess your needs.** If you have medications that need refrigeration, rely on mobility or assistive devices or have a pet you'll need to understand how these variables will factor into what you'll need to stay safe in a disaster or emergency.
2. **Make a plan.** Once you assess your needs, you can tailor your plans to make sure your needs are met. This can include building a kit that includes extra medication, having a way to store medications in an emergency and planning for your pets or service animals.
3. **Engage your support network.** Reaching out to family, friends and neighbors can help you build a support network that can support you before, during and after a disaster or emergency.

Make sure that someone in your personal support network has an extra key to your home and knows where you keep your emergency supplies.

Practice your plan with those who have agreed to be part of your personal support network.

Visit [ready.gov/older-adults](https://www.ready.gov/older-adults) for further information