

Safety During Snow, Ice, and Severe Weather

for older people and people with disabilities

During the winter, extreme weather can roll in at any time and it's especially dangerous for older people or people with disabilities. Older or disabled people may have a harder time getting around in the snow, sleet, and ice. That means we might not have the food, medicine, or basics we need to be safe. But we can all take action by remembering: **prepare, be aware, take care.**

Prepare

The **most important** thing to remember is to have a **three-day supply** of:



Food



Medicine

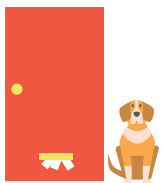


Heat/light source

Other items to prepare are:

- ✓ Rock salt or sand
- ✓ Snow shovels
- ✓ Dry, seasoned wood for a fireplace or stove
- ✓ Adequate clothing and blankets
- ✓ A communications plan with family or a caregiver
- ✓ NOAA Weather Radio

Be Aware



Be aware of the signs that a neighbor or family member might need assistance.

- Pets left out all night to bark
- Mail overflowing out of the mailbox
- No lights on at night, which could mean a loss of power
- Not picking up the phone

Take care

Safety means we all need to take care of one another and do our best to take care of ourselves.

Your own safety:



Minimize travel



Replace cane tips



Wear shoes with good traction and take shoes off as soon as you get inside.

Others' safety



Offer to get someone's groceries



Offer to walk a pet



Shovel someone's walkway

In a non-emergency, situation call the **Clackamas Aging and Disability Resource Connection** at **503-650-5622** or email clackamasadrc@clackamas.us. We're available Monday-Thursday, 8:30am to 5:30pm and can provide connections to transportation, case management, and other necessary services.