PRINTABLE CHECKLIST

Emergency kit for older people

An older person's emergency kit should focus on warmth, preventing falls in the dark, medication and staying in contact. Alongside the standard three-day list, add automatic power cut lights, a simple radio with large controls, extra blankets, a week's medication in hand, and registration on the free Priority Services Register.

- [ ] Automatic power cut lights in bedroom, hall and near the bathroom
- [ ] Torch on the bedside table
- [ ] Two or three blankets within easy reach
- [ ] Simple battery FM radio, already tuned
- [ ] A week of medication and a written list of doses
- [ ] Charged mobile phone and power bank
- [ ] Landline backup battery arranged with the provider
- [ ] Priority Services Register sign-up
- [ ] 105 written large by the phone
- [ ] Ring-pull tins and small water bottles