September is National Preparedness Month. This year, the theme of national preparedness month is **Take Control in 1, 2, 3.** "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" (ready.gov, 2023). Creating an emergency communications plan, building a disaster supplies kit, and actively staying informed are three ways one can become more prepared. To learn how to do that, please keep reading. Also, for more information specific to older adults, please visit: [https://www.ready.gov/older-adults](https://www.ready.gov/older-adults)

**EMERGENCY COMMUNICATIONS PLAN**

It is important that all members of the household have a copy of a written emergency communications plan. Regularly check the information in your plan to ensure all information is correct and current. Your mobile phone will not always be accessible; this is why it is best to have this information written down for each individual.

- Start planning today by using this [emergency communications plan template](https://www.ready.gov/plan).
- Don’t forget about planning for your pets as well! See ideas for planning here: [Humanesociety.org](https://www.humanesociety.org).
- For more planning information visit [Ready.gov/plan](https://www.ready.gov/plan).

**BUILD A DISASTER SUPPLIES KIT**

A disaster supplies kit is a collection of items your household may need following an emergency. Being prepared means having enough food, water, and other supplies that will last you for several days, or even until access to those essentials has been restored. For ideas on building a disaster supplies kit, please visit [Ready.gov/kit](https://www.ready.gov/kit) or [adaprepare.id.gov](https://www.adaprepare.id.gov).