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Creating a flood plan for family and the elderly



Fact: 80% of flood deaths occur in vehicles. Most happen when drivers make a single, fatal mistake trying to navigate through flood waters.

If you live in a flood-risk area it is a good idea to have a family flood plan in place so that everyone knows what to do if a flood occurs. This is especially important if you have any very young or elderly family members living with you. Outlined below are some suggestions for your plan.

- ◆ Keep a list of emergency numbers close to the phone, or stored in the memory of your phone or mobile.
- ◆ Make up a flood kit and ensure everyone knows where to find it. Your flood kit should consist of a torch, some warm and waterproof clothes, a battery or wind-up radio, rubber gloves, Wellington boots, a first aid kit and blankets.
- ◆ Make a list of children's essentials that you will have to bring with you if you have to leave. For example, milk, baby food, sterilised bottles, nappies, a favourite teddy or toy.
- ◆ Think about which of your possessions are most valuable to you. List the items and make sure you know where these things are so that you can move them quickly to safety.
- ◆ Does anyone in your family need medication? Don't forget to take it with you.
- ◆ Gas and electricity: make sure you know where the shut off points are. Could you find them in the dark?
- ◆ If you have to leave do you have somewhere to go? Will you be able to get there, bearing in mind that some roads might be blocked by the flood?
- ◆ If you have elderly or disabled family members in the house, how might you get them out safely?
- ◆ Don't forget your pets. Ensure you have somewhere safe for them to go. If you have to leave your home, can you keep them with you, or will they need to be kept elsewhere?



Special advice for the elderly

If you are an elderly person living alone, try to think about where you would go in the event of a flood. Do you have family or friends you could stay with? If not, accommodation could be arranged by your local health authority. Here are some precautions you should take in case a flood occurs:

- ◆ Plan an escape route, particularly if you are in a bungalow.
- ◆ If you live in a house and have window locks, always keep a key upstairs so that you'll be able to let rescuers in if necessary.
- ◆ Make a list of useful numbers and keep it in a safe place. The list should include:
 - Family and neighbours who can help.
 - Your Local Authority and Garda station.
 - Your local Health Board.
 - Your insurance company and emergency numbers.

Flood Plan