Seniors often have special needs in preparedness and response – although of course, “seniors” refers to a huge range of diverse people with diverse situations. Here are four useful steps for almost anyone:

**Have a Buddy** you speak to every day. It can make a big difference in being and feeling safe to know that someone is going to check on you every day – and if there were ever a problem, they would notice right away.

**Be sure you can stay in touch.** Write down contact information for people you care about (and people who care about you). Also, pick one person (and a backup) to be your contact, and let everyone know who it will be. If you make just **ONE CALL**, s/he can let everyone know you’re okay!

**Build a Go-Kit.** Many of the things that can keep you safe and comfortable in an emergency are small, and often simple, low-cost items or items you already have. Even if you don’t have every single item, put small, useful things in a small bag that you can pick up and carry at a moment’s notice. (See PERSONAL PREPAREDNESS: Go-Kits)

**Ask your family for preparedness supplies.** Some supplies can be expensive. But do you ever get gifts you don’t really need or want? Ask your loved ones to give you safety and preparedness instead – it’s a gift of love to keep you safe and comfortable!