

# Preparing an Emergency kit

**Keep it in a watertight container in an easily accessible location.**

**Your emergency kit could include the following suggested items:**

- Easy on/off clothes (a few sets)
- Supplies of medication (or a list of medications with dosages)
- Velcro shoes/sneakers
- An extra pair of glasses
- Incontinence products
- Extra identification items for the person, such as an ID bracelet and clothing tags
- Copies of legal documents, such as a power of attorney
- Copies of medical documents that indicate the individual's condition and current medications
- Copies of insurance and social insurance cards
- Waterproof bags to hold medications and documents
- Physician's name, address and phone numbers (including cell phone)
- Recent picture of the person living with dementia
- Hand lotion or other items to promote comfort
- Bottled water
- Favourite items or foods; liquid meals
- Pillow, toy or doll to hold for comfort

**First Link® Dementia Helpline**

**English: 1-800-936-6033 Punjabi: 1-833-674-5003**

**Cantonese and Mandarin: 1-833-674-5007**

[www.alzheimerbc.org](http://www.alzheimerbc.org)