

## **Emergency Preparedness for Older Adults**

Knowing what to expect, how to prepare, and where to find the information you need can make you more resilient in a disaster or emergency.

- [Emergency Preparedness for Older Adults: A Practical Guide to Help Plan, Respond and Recover](#)
- [Emergency Preparedness for Older Adults: Quick Guide](#)

<https://www.redcross.ca/how-we-help/emergencies-and-disasters-in-canada/be-ready-emergency-preparedness-and-recovery/emergency-preparedness-for-older-adults>