



360 Lexington Ave, New York, NY
CARINGKINDNYC.ORG
646-744-2900



Preparing for the Unexpected Emergency

Practical strategies to reduce the chaos in a crisis

Pamela Krist Atwood, MA, LPC, CDP

OUR PRIORITIES

Celebrating
45 years!

- *Being a trusted partner for resources and compassionate support throughout the journey*
- *Creating and delivering meaningful, best practice programs and quality education*
- *Equipping dementia care staff, healthcare and service professionals*
- *Advancing awareness, research, policy*

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Helpline: 646-744-2900

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Who Do We Serve?



PEOPLE WITH
ALZHEIMER'S OR ANY
FORM OF DEMENTIA



FAMILY MEMBERS,
PARTNERS, FRIENDS
PROVIDING CARE OR
SUPPORT



HEALTHCARE
PROFESSIONALS,
AIDES, SERVICE
PROVIDERS



RESIDENTIAL,
COMMUNITY, &
CULTURAL
ORGANIZATIONS

Individual & Family Services



Helpline



Navigation
& Care
Consultations



Family
Education
Workshops



Coaching
Caregiving
Skills



Support
Groups



Early-Stage
Programs



Social & Peer
Engagement



Palliative
Approaches

OUR WORK

*In Person &
Virtual Services*

*Free of charge for
individuals & families*

Workforce, Community, Research



Workforce
Training



Professional
Development



Dementia
Friendly
Community
Training



Research
Initiatives

Services provided in multiple languages

*(Spanish, Mandarin,
Cantonese, Korean)*

Upcoming Seminars

*caringkindnyc.org/
education*

Upcoming Caregiver & Professional Education



The screenshot shows the website caringkindnyc.org. The navigation bar includes links for ABOUT, ALZHEIMER'S, PROGRAMS, **EDUCATION**, CAREGIVERS, PROFESSIONALS, PUBLICATIONS, WALK, ATHLETES, and WAYS TO GIVE. Below the navigation bar is a red banner with the text "Care Partner Education". A yellow arrow points to the "EDUCATION" link in the navigation bar.

Below the banner, there is a section titled "Care Partner Education | Professional Education | Workforce Development". The text reads: "Are you caring for someone living with Alzheimer's or another form of dementia? Join us for our free education webinars to learn the skills you need in your caregiving role. Registration is required through the links provided on the calendar or through our Helpline at 646-744-2900. Webinars are listed in Eastern Time and will be hosted in English unless otherwise noted. To view a list with descriptions of the webinars, click on the 'Agenda' button on the calendar."

Below this text is a section titled "Upcoming Education". It features a search bar, a date selector (09/16/24), and buttons for "Subscribe", "Agenda", and "Monthly".

The calendar for September 2024 is displayed below. The days of the week are listed at the top: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday, Saturday. The dates are arranged in a grid. A red box highlights the date 12, indicating a webinar scheduled for 5:30pm-7pm. Another red box highlights the date 13, indicating a webinar scheduled for 10am-12pm.

Understanding Dementia 101:

*Signs & Symptoms
of Alzheimer's and other
Dementias*

REGISTER NOW:

TUESDAY

February 11, 2025

12:00-1:15 pm



[caringkindnyc.org/
education/](https://caringkindnyc.org/education/)



Family Education Seminars - Monthly

7

**Legal & Financial
Considerations**



Understanding Medicaid



[caringkindnyc.org/
education/](https://caringkindnyc.org/education/)



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Professional Development Webinar

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360 Lexington Avenue, 3rd Floor
New York, New York 10017
CARINGKINDNYC.ORG @CARINGKINDNYC

From the Voices of Black Dementia Caregivers:

*The Need for Culturally
Responsive Education on
Navigating Care*

Welcome Dr. Fayron Epps – leading expert
and researcher promoting awareness,
education, and support for families
affected by dementia within African
American communities.

Come learn about the unique experiences
and challenges of Black care partners
and solutions centered around tailored
education, community and building trust.



Speaker:

Fayron Epps, PhD, RN

Professor
Karen and Ronald Hermann
Distinguished Chair in
Caregiver Research
University of Texas Health
Science Center San Antonio
School of Nursing

This event is free of charge and open to all
aging service/healthcare professionals.

Please share with your interested
colleagues!

WEDNESDAY, FEBRUARY 26, 2025 • 6:00–7:30 pm ET

HEARST foundations

This event is supported in part by a generous
grant from the Hearst Foundations.

Free CEUs available for social workers.

REGISTER

HERE

or call:

646-744-2900



SAVE THE DATE

Fayron Epps, PhD, RN

Wednesday

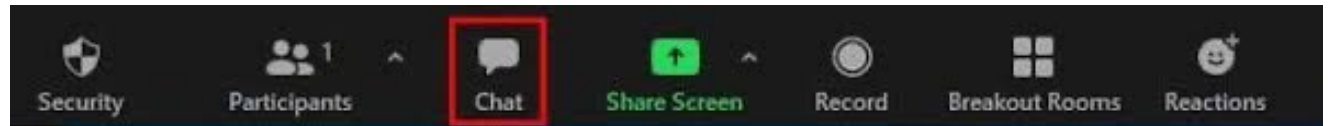
February 26, 2025

6:00-7:30 pm ET

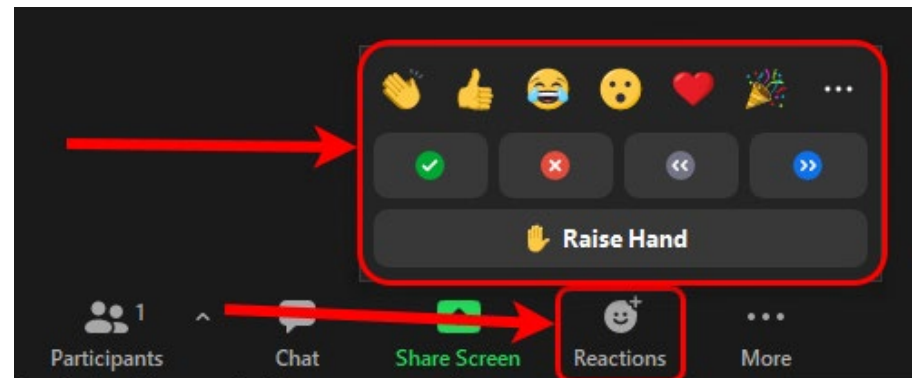
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Questions and materials

- Slides and recordings will be available after the lecture. Watch for notices in monthly email.
- We'll save questions to the end.
- Feel free to add questions to the chat at any time



- After speaker finishes.... you can turn on video and raise actual hand... or raise 'zoom' hand and we'll call on you
- You will need to click on screen to unmute yourself when asked.



Our Speaker

- Gerontologist, Author
- Licensed Professional Counselor
- 30 years experience with older adults and people living with dementia
- Certified trainer for the National Council of Certified Dementia Practitioners
- Certified Laughter Therapist



Pamela Krist Atwood, MA, LPC, CDP



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On a scale
from 1-10,
how prepared are
you?

*Make a note somewhere of
your number. We'll come back
to it later.*



Big E – EMERGENCY vs. little e - emergency

- **Natural Disasters:**

- Ice/snow/bitter cold/Extreme heat
- Extreme storms (hurricane/tornado)

- Floods

- Fires

- **Health Issues:**

- Infectious diseases

- Serious injury

- **Terrorism**

- **Household Emergencies:**

- Flood

- Fire

- Poisoning

Dementia-Specific Emergencies: Caregiver illness, wandering, health crises (choking, falls, etc.)

Good Resources

REDCROSS has terrific resources by topic including volcanoes, outbreaks and nuclear explosions.

AARP has easy-to-read articles and wonderful checklists



RedCross.org



AARP.org



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Natural Emergencies

- *Be aware of watches vs. warnings*
- *Have a plan to evacuate, and if it's recommended – do it.*
- *Hunker in place or “go”*

Information

- Copies of driver's license/ID, credit cards and insurance cards
- Social security numbers
- Banking information
- Investment information
- Key passwords
- Family/Friend phone numbers and addresses

BASIC PREPAREDNESS

- **Information**
- **Equipment**
- **Essentials**
- **Individual Issues**

	Zero-Knowledge Encryption	Collaboration & Productivity Features	Backup & Recovery	Free Tier Storage	Monthly Cost Per 100 GB Storage
iDrive	✓	+	✓	10 GB	\$0.25
pCloud	✓	✓	✓	10 GB	\$1.00
OneDrive	✗	✓	✓	5 GB	\$0.50
Internxt	✓	+	✓	10 GB	\$0.68
Sync.com	✓	✓	✓	5 GB	\$0.60
NordLocker	✓	+	✓	3 GB	\$1.60

✓=Yes ✗=No/Unclear +=Add-On

Equipment

- Generator – and know how to use
- Fire extinguishers – check dates
- Buckets (old milk jugs) for water
- Phone/watch chargers
- Extra batteries
- Waterproof matches
- Candles

BASIC PREPAREDNESS

- *Information*
- *Equipment*
- *Essentials*
- *Individual Issues*

Essentials

- List of current medications and a 2-3 days supply
- List of doctors/health plans, medical and surgical history (remember pacemakers, implants or metal)
- Extra clothing, undergarments, hygiene products
- A "go bag"
- Healthy non-perishable foods
 - Nuts, cereal in sealable container, granola bars and protein bars, canned goods and can opener
- Activities – music, board games,

BASIC PREPAREDNESS

- *Information*
- *Equipment*
- *Essentials*
- *Individual Issues*

Individual issues

- Picture of you and your loved one
- Picture of your pets
- Information for helpers (in case the emergency happens to you)
- Lists of medication routine
- Lists of preferences and ways to reassure
- Information on behavioral triggers, pain sources and communication needs

BASIC PREPAREDNESS

- *Information*
- *Equipment*
- *Essentials*
- *Individual Issues*

What to Prepare

Realistic Expectations
Strengths

Relocation, etc.
COVID



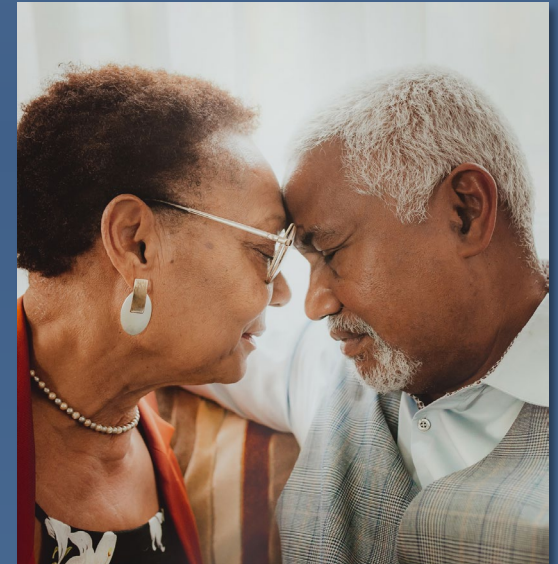
Patience

18-36 hours in ER



Personal

Survived 9/11,



For the Person Living with Dementia

- Extra set of clothes
- Plastic bag to put wet clothes in
- Tissues and wet wipes
- Snacks/water (NOTE: ALWAYS CHECK WITH THE NURSE FIRST)
- MedicAlert/Safe Return bracelet
- Favorite music with headphones
- Activities they enjoy
- Favorite blanket
- Picture album or other conversation starters
- Current medications (again, check RN)

For the Caregiver

- List of meds, MD names
- Pad for notes Q&A
- Money for parking, vending/cafeteria
- Copy of advance directives
- Copy of POA/COP
- Insurance cards
- Your meds
- Personal wipes/lotion
- Things to read, etc
- Cell phone charger
- Dry Shampoo spray

Questions



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STILL HAVE
QUESTIONS?

Talk to a
Navigator

646-744-2900

www.caringkindnyc.org



Thank you!

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