

FOR IMMEDIATE RELEASE

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**FAMILIES WITH ELDERLY OR DISABLED MEMBERS NEED TO MAKE
SPECIAL DISASTER PREPARATIONS**

2013 Hurricane Season at Halfway Point: Are you prepared?

(VIRGINIA BEACH, VA – Sept. 6, 2013) – September means back-to-school, baseball playoffs and football season, but it's also the half-way point of the Hurricane Season. As of September 1, Hampton Roads and other areas on the east coast have not been significantly threatened by named storms—so far. The Oast & Taylor Law Firm suggests that now is a good time to make sure all preparations are in place in the event that a major storm strikes this fall.

[Brian A. Boys](#), an attorney at [Oast & Taylor](#), reminds local residents that although officially designated from June 1 to November 30, the Atlantic Hurricane Season has produced some of its most devastating storms after Labor Day. "While everyone should make an emergency plan and have basic supplies at the ready, families with elderly or disabled members need to take special preparations," he said.

Boys listed six tips such families should consider:

- Update the names and telephone numbers of your physicians, emergency contacts, pharmacy, and medical supply providers.
- Prepare a list of prescription medications and dosages (Don't forget to have enough on hand in case you can't get to a pharmacy for a refill), your allergies, and any other supplies that you use.
- Have extra batteries on hand for hearing aids, wheelchairs, or other medical devices.
- Locate and make copies of your health insurance, Medicaid, and Medicare cards.
- Review your Advance Medical Directive and other important legal documents to see if any revisions or updates need to be made.
- Keep copies of all of the above documents in your emergency kit.
- Boys also recommends a local website for more great emergency preparation tips: *Ready Hampton Roads* (www.readyhamptonroads.org).

"While on the *Ready* website, check out the Hampton Roads Medical Needs Registry," Boys said. "The HRMNR (the Registry) is an emergency preparedness tool used by local emergency managers to communicate with those who have medical or functional needs in the event of an emergency, be it a hurricane, a flood, or even a hazardous material spill or a gas leak."

While people who join the Registry receive no direct services, registered members can assist emergency personnel in developing plans to help those who require special assistance during a disaster.

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Such individuals might require personal care or medications, or have visual, hearing, speech, or other impairments; others may have health and medical conditions that require professional observation, assessment, and maintenance. Registration is free, voluntary, and confidential.

For more details or to register, visit:

<http://readyhamptonroads.org/Resources/SpecialNeedsRegistry.aspx>