

Personal Emergency Planning



- **What is a Personal Emergency?** A personal emergency is an unexpected development or situation that endangers life or limb and requires immediate action. It can include an injury or illness that poses an immediate risk to a person's life or long-term health. Are you prepared to face an unexpected personal emergency? 1 in 5 adults visits the emergency room at least once each year. Here are some tips to help you plan:
- **Medical Information:**
 - Keep a paper record of your medical information handy. Include items like: a list of your primary care providers, medications, allergies, and medical conditions.
 - Do you have a medical power of attorney?
- **Who Are You Leaving Behind:**
 - Do you have anyone in your life that depends on you? This could include pets, spouse a grandchild you care for, or an elderly parent you care for.
 - What are the needs of the people who depend on you?
- **Financial Information:**
 - Why is this important? Many service organizations and care communities will need to understand your financial status to help you make a decision on post-acute care.
 - Do you have a financial power of attorney?
 - Keeping records of your insurance, including Long Term Care Insurance is important when facing the potential of post-hospital care.
- **Do You Have Any Special Needs:**
 - This can include anything from respiratory equipment, visual and auditory needs, wheelchairs and walkers, and technology needs.
- **Who Are Your Preferred Providers:**
 - Is there a specific hospital you would like to be taken to in an emergency?
 - Have you taken the time to research local care facilities, assisted living facilities or residential communities should you need to go to one?
- **How Can You Be Sure Your Plan Is Implemented:**
 - Have discussions with your loved ones *before* something happens.
 - Appoint someone you trust as Power of Attorney.
 - Keep information in one centralized location that will be easy for family to access in the event of an emergency.

Sources:

[1] Center for Disease Control & Prevention (CDC) www.cdc.gov

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Additional Resources

Cedar Rapids Police Department

505 1st St SW
Cedar Rapids, IA 52404
(319) 286-5375 ext. 5485
www.cedar-rapids.org/police

Crime Stoppers

1-(800) -272-7463

Cedar Rapids Fire Department

713 1st Avenue SE
Cedar Rapids, IA 52401
(319) 286-5200 – Main Number
(319) 286-5277 – Public Educator
www.cedar-rapids.org/government/departments/fire

Marion Police Department

6315 US-151
Marion, IA 52302
(319) 377-1511
www.cityofmarion.org/departments/police-department

Marion Fire Department

3933 Katz Drive
Marion, IA 52302
(319) 377-8237
www.cityofmarion.org/departments/fire-department

Hiawatha Police Department

101 Emmons St.
Hiawatha, IA 52233
(319) 393-1212

Linn County Sherriff's Office

P.O. Box 669, 310 2nd Avenue SW
Cedar Rapids, IA 52406
(319) 892-6100
www.linncounty.org

Mount Vernon Police Department

213 1st St NW
Mount Vernon, IA 52314
(319) 895-6141
www.cityofmtvernon.com

Linn County Emergency Management

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 892-6500
<http://www.linncounty-ema.org>

Aging Services

317 7th Ave SE Suite 302B
Cedar Rapids, IA 52401
(319) 398-3644
www.agingservicesia.org

Heritage Area Agency on Aging

6301 Kirkwood Blvd SW
Cedar Rapids, IA 52404
(319) 398-5559
www.HeritageAAA.org

Horizons: A Family Service Alliance

819 5th Street SE
Cedar Rapids, IA 52403
(319) 398-3943
www.horizonsfamily.org

LifeLong Links

(Families & Caregivers can get info on services for older adults & persons with disabilities age 18+)
(866) 468-7887
www.lifelonglinks.org

AARP

(866) 554-5378
www.aarp.org/ia

United Way of East Central Iowa

317 7th Avenue SE Suite 401
Cedar Rapids, IA 52401
(319) 398-5372
<http://www.uweci.org/>

