

ADULTS, SENIORS and CAREGIVERS RESOURCES



Governor's Office of
Volunteer Services

ServeAlabama.Gov

Info@ServeAlabama.gov

ReadyAlabama.Gov

334-242-1549

The Governor's Office of Volunteer Services would like to thank our Partners listed below in helping us to provide preparedness and safety resources to Alabamians.

AARP - American Association of Retired Persons	AARP.Gov
ACL - Administration for Community Living	ACL.Gov
ADHR – Alabama Department of Human Resources	DHR.Alabama.Gov
ADSS - Alabama Department of Senior Services	AlabamaAgeline.Gov
APH - Alabama Public Health	AlabamaPublicHealth.Gov
ARC - American Red Cross	RedCross.Org
CFPB - Consumer Financial Protection Bureau	ConsumerFinance.Gov
DHS – US Department of Homeland Security	DHS.Gov
FEMA - Federal Emergency Management Agency	Ready.Gov
FEMA – Federal Emergency Management Agency	FEMA.Gov
FEMA – Order Free Publications	Orders.GPO.Gov
FEMA – Preparedness Community	Community.FEMA.Gov
Operation Hope	OperationHope.org
United Way 211	UnitedWaysofAlabama.Org
Serve Alabama	ServeAlabama.Gov
Ready Alabama	ReadyAlabama.Gov

Please follow federal, state and local government's official websites and social media for instructions and specifics for your community. The State of Alabama does not endorse or recommend any particular volunteer opportunity or organization.

**This resource will be updated periodically as new information is made available.*

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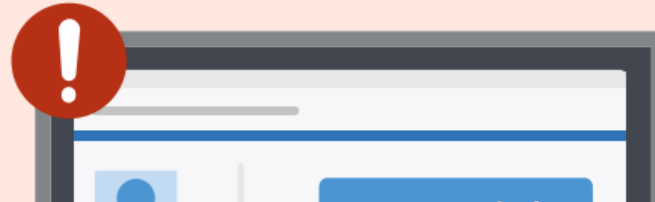
Consumer Financial
Protection Bureau



An official website of the United States government

Falling for scams could be a disaster.

Scammers con people out of their money during times of stress. They might come up with a fake charity and ask for donations or try to sell you a phony cure or treatment during a health emergency.



Available as a
Flyer
Or
Bookmark

<https://pueblo.gpo.gov/CFPBpubs/pdfs/CFPB476.pdf>

Report Scams to: [FTC.gov/complaint](https://www.ftc.gov/complaint)

1-800-382-4357

1-800 FTC-HELP

Bookmark-Disaster scams



CFPB's fraud prevention resources can be used in a variety of settings, including libraries, meal sites, financial institutions, community center, and faith-based organizations, to reinforce prevention and reporting of scams.

Know the Signs



Most suicidal people show signs that they are thinking about suicide. Know the signs, start the conversation, and get help. One small act can make a difference.

1. Withdrawal
2. Depression/Anxiety
3. Riskless Behavior

Saving Teen & Young Adult Lives in Alabama



JUST TALK ABOUT IT.

CALL OR TEXT 988
It's a completely confidential call.
No one will know you called except for you.

Call or text any time.
Open 24 hours a day.

Talking about

There are more suicides than murders in Alabama every year.

It's a confidential call no one will know you called but you!

open 24 hours a day

JUST TALK ABOUT IT!

If a friend has had suicidal thoughts

Talking about suicidal thoughts helps reduce the pain.

In 2018, 16 people ages 10 to 24 died by suicide in Alabama.



988
SUICIDE & CRISIS LIFELINE
alabamapublichealth.gov

It is a confidential call. No one will know you called but you.
If you or a friend are having suicidal thoughts, just talk about it...to a friend, to a teacher, to a coach, to a leader, to us...but TALK!

www.alabamapublichealth.gov/suicide
Talk Line: 205.328.8255
205.328.TALK

Suicide-Proofing Your Home

A guide to keeping families safe



NEED HELP? CONTACT 2-1-1

Your link to community resources.

Child and Family Services • Utilities & Housing Services • Health/Mental Health Services
Food Assistance • Education/Training Services • Disaster Relief & Recovery

CALL | TEXT | CHAT

DIAL 2-1-1 • CALL OR TEXT 888-421-1266 • VISIT 211CONNECTSALABAMA.ORG

FIND HELP LOCALLY

2-1-1 links the caller to:

- **Basic Human Needs:** food, clothing, shelter, and other basic needs
- **Physical & Mental Health:** health insurance programs, Medicaid and Medicare, intervention services, support groups, counseling, drug and alcohol intervention, victim services, and rehabilitation
- **Employment Support:** Earned Income Tax Credit (EITC), financial assistance, job training, transportation assistance, education programs, and foreclosure prevention services
- **Support for Senior Citizens:** adult day care, respite care, home health care, transportation, specialized services for individuals of all ages with disabilities, employment assistance
- **Support for Children, Youth, & Families:** child care, after-school programs, family resource centers, mentoring, tutoring, and protective services

GET HELP DURING A CRISIS

During a disaster such as a hurricane or tornado, a 2-1-1 Community Resource Specialist links the caller to resources such as:

- Emergency Shelters
- Grief Counseling
- Food Distribution Centers
- Clean-up Crews
- State and Federal Assistance
- Potable water, ice, food
- Volunteer Opportunities
- Emergency Financial Assistance

GIVE HELP

Get linked with a local nonprofit or faith based organization that could benefit from your time and talents.

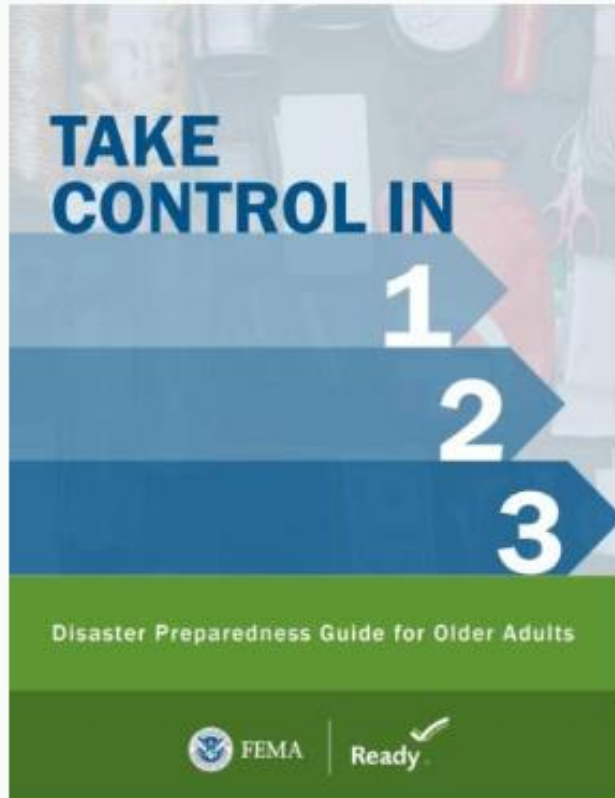
ONLINE SERVICES

Visit www.211connectsalabama.org to do online searches or "chat" with one of our Community Resource Specialists.

TEXT "HELP" TO 888-421-1266

Take Control in 1, 2, 3

Multiple pages of Resources

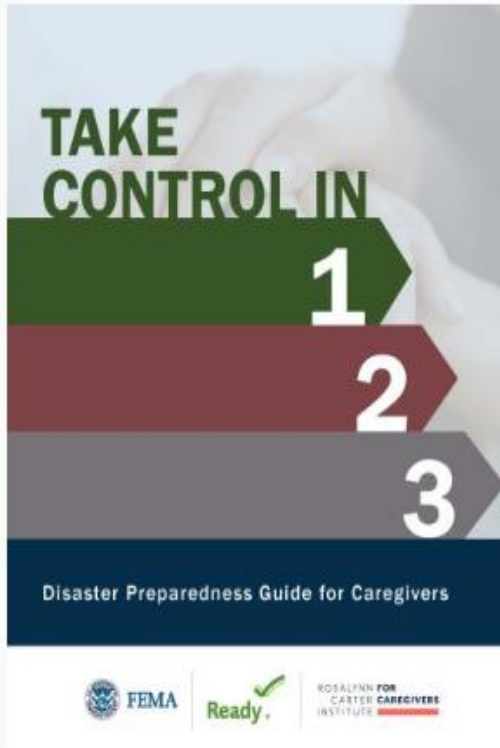


The *Disaster Preparedness Guide for Older Adults* is intended to support older adults and their caregivers in preparing in three easy steps: assess your needs, create a plan and engage your network. The guide provides easy-to-read, user-friendly worksheets that walk individuals and caregivers through a self-assessment to identify specific needs and checklists that create a personalized plan.

<https://www.ready.gov/older-adults#control>

This is a 20-page booklet

Disaster Preparedness Guide for Caregivers



The Disaster Preparedness Guide for Caregivers includes tailored information and resources for three main caregiver audiences: those who can involve their care recipient in their planning, those who can engage a support network to aid planning, and solo caregivers. It provides key considerations caregivers can use to identify their care recipient's needs and how they may change during a disaster.

Multiple pages of Resources

<https://www.ready.gov/caregivers>

This is a 21-page booklet

Consumer Financial Protection Bureau

<https://pueblo.gpo.gov/CFPBPubs/CFPBPubs.php?PubID=13036>

Or

<https://pueblo.gpo.gov/CFPBPubs/pdfs/CFPB043.pdf>



This is a checklist to help consumers gather the financial information they would need after an emergency. It contains spaces for account information and customer service numbers as well as checklists of other important documents they should have in case of an emergency.

This is a 4-page flyer

Multiple pages of Resources

TO REPORT ELDER ABUSE

Alabama Department of Human Resources Adult Protective Services

Adult Abuse Hotline

1-800-458-7214

aps@dhr.alabama.gov

Reports can also be made to a County Dept. of Human Resources or local law enforcement.

Elder Abuse Hotline
1-800-458-7214

ADDITIONAL REPORTING

Alabama Department of Public Health

Abuse in a Nursing Home **1-800-356-9596**

Abuse in Assisted Living **1-866-873-0366**

Alabama Attorney General's Office Consumer Protection

Scams **1-800-392-5658**

<https://orders.gpo.gov/icpd/ICPD.aspx>



Thank you for helping prepare your community!

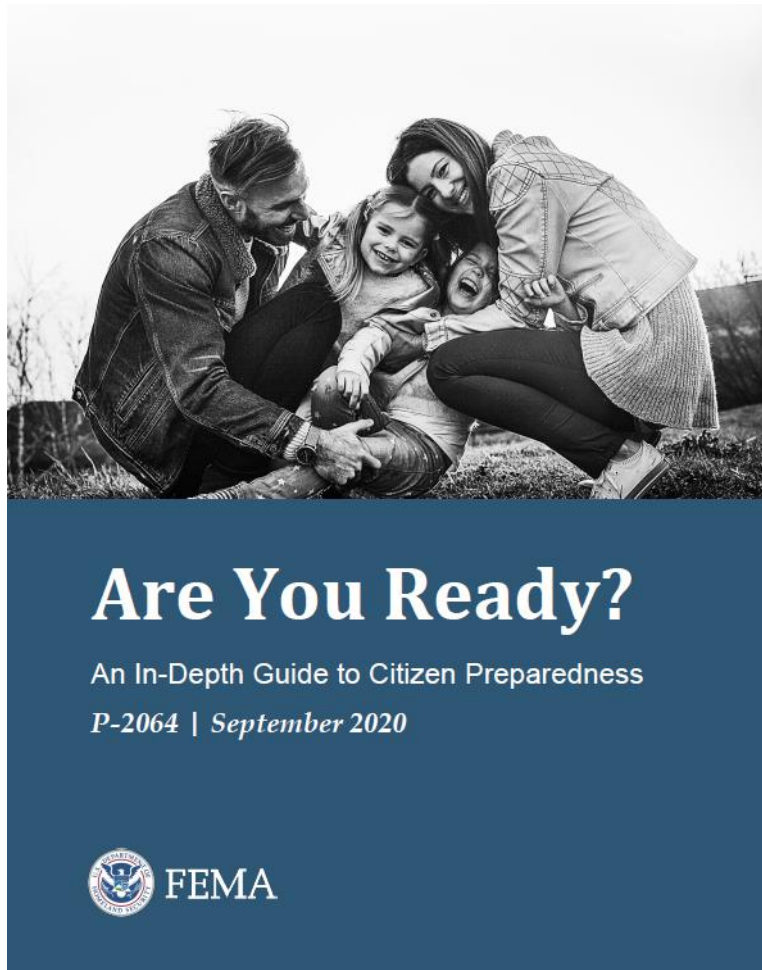
Publications by Category

- [Preparedness Actions](#)
- [Capacity Building](#)
- [Youth Preparedness](#)
- [Citizen Responder](#)
- [Financial Resilience](#)

These products are maintained by the Federal Emergency Management Agency (FEMA).
Read more at [Ready.gov](https://www.ready.gov).

Are You Ready? Guide

<https://www.ready.gov/collection/are-you-ready>



This is a 36-page booklet

Welcome to FEMA's Preparedness Community

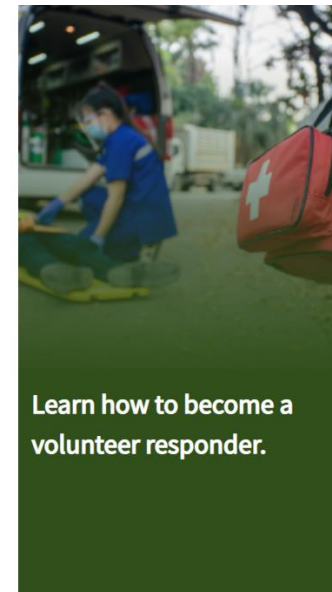
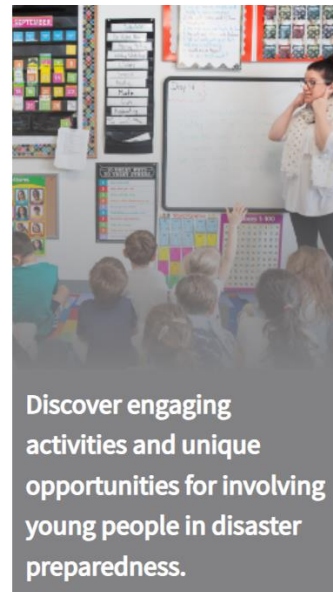
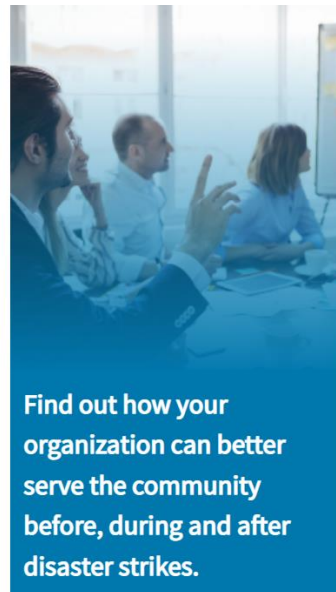
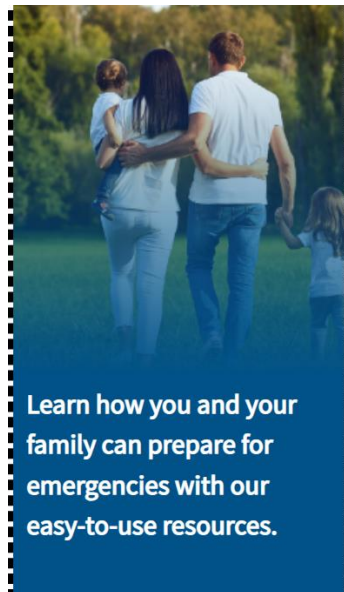
<https://community.fema.gov/PreparednessCommunity/s/>

What is FEMA's Preparedness Community?

This site is FEMA's portal for practitioners, students and partners with a common stake in building a resilient nation through individual and community preparedness.

Here you can explore research-based protective actions, download disaster preparation and recovery resources, and find guidance on how you and your family can:

- **Become** volunteer responders for your community.
- **Learn** what to do to stay safe during a disaster and assist someone until help arrives.
- **Discover** how to prepare for, protect against and respond to disasters.





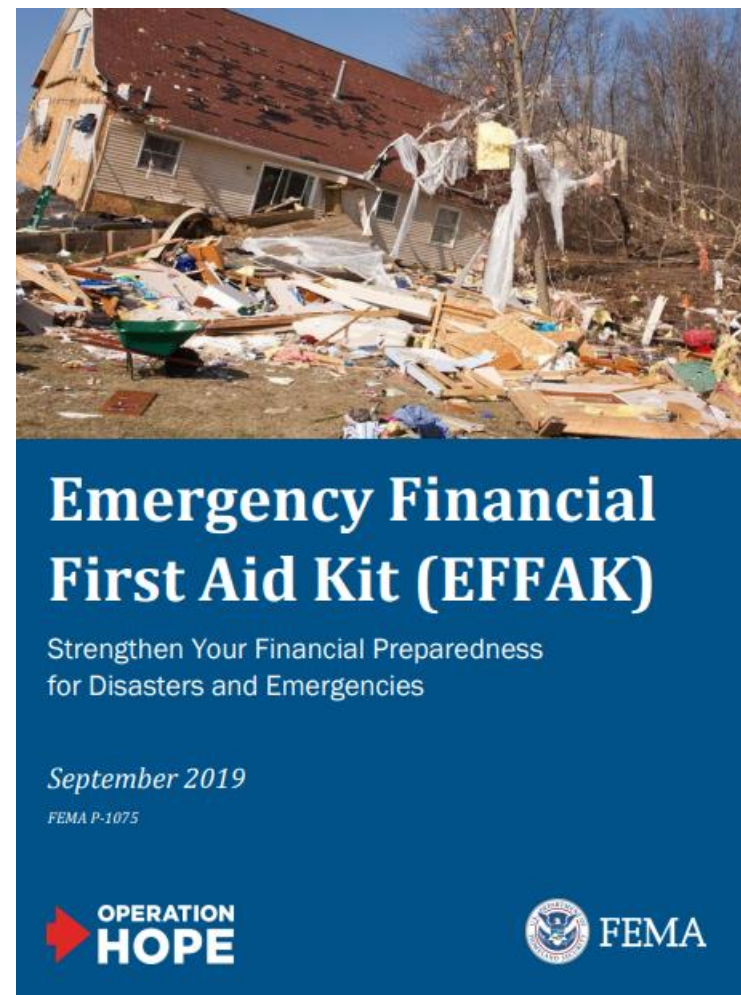
The [Emergency Financial First Aid Kit \(EFFAK\)](#) makes it easy to organize critical financial, medical and household information.



- Have cash on hand whenever possible
- Consider meeting with a financial advisor
- Complete the Emergency Financial First Aid Kit (EFFAK) for your family
- Spread the word!

<https://www.fema.gov/emergency-financial-first-aid-kit>

Available in Large Print



This is a 41-page booklet



Build A Kit

Audio Descriptions

Videos with open captions & ASL

Disabilities Social Media Toolkit

Resources

Related Links

People with Disabilities

<https://www.ready.gov/disability>



Get Informed – Evacuation - Shelters

Make a Plan – Daily Needs – Transportation

Build a Kit – Medical – Electronic devices

Tips for:

People who are blind or have low vision

People with mobility disability

People with speech disability

Medications

Individuals with Alzheimer's and related Dementia

People who are deaf or hard of hearing

Individuals with Intellectual or Developmental Disabilities



Make A Plan



50-plus Disaster Preparedness

- Most older adults (59%) feel prepared to get through a natural disaster emergency, **but few have taken steps** to be prepared or actively informed during a natural disaster.
- **Less than a third** (29%) say they have an emergency plan in case of a natural disaster.
- **Most (58%) are aware of disaster preparedness resources at the national level.** FEMA (89%), Red Cross (86%), and the Salvation Army (72%) top the list. At the local level, local tv has the highest awareness (61%). Half are aware of state government resources (50%).
- Although awareness is high, action is low. Few older adults have taken the steps to receive information from these disaster emergency resources. **Only about 10 percent have downloaded any of the apps or signed up for text messages from any national disaster**

This is a 7-page document on Preparedness

A Leaders Guide to Disaster Resilience

HOME & LIVING

How to Prepare for a Natural Disaster

[EN ESPAÑOL](#) | Earthquakes, floods, hurricanes, tornadoes and wildfires are all events that you can't control. But you can get prepared for problems before they happen. As of Sept. 15, 2023, the federal government lists 80 disasters in the U.S. and its territories, compared with 63 in the same period last year.

Also: [DISASTER RECOVERY](#)

Get the Guide



The **AARP Disaster Resilience Tool Kit** has been created for local leaders, government staff, aging services professionals, and community advocates and volunteers.

www.aarp.org

Search: Disaster Preparedness



Emergency Contact Card

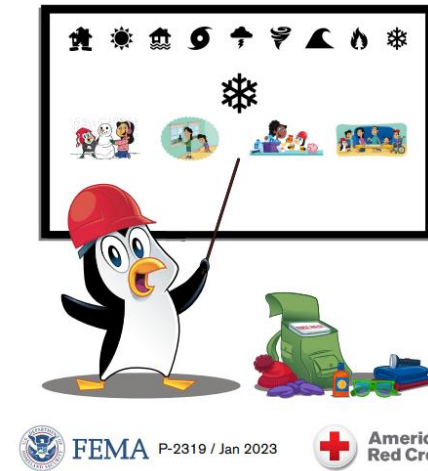
<https://www.redcross.org/get-help/how-to-prepare-for-emergencies/teaching-kids-about-emergency-preparedness/prepare-with-pedro.html>

12 booklets with storybook,
teachers guides, videos,
supplemental activities and more

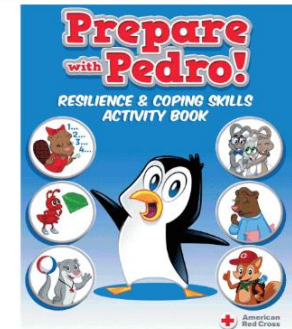
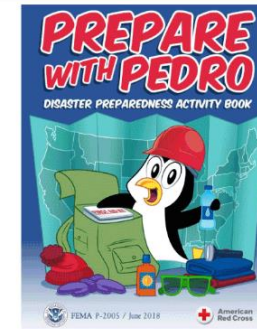
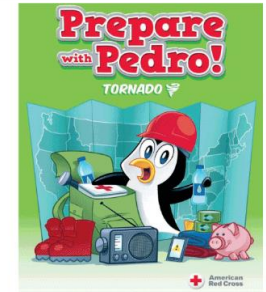
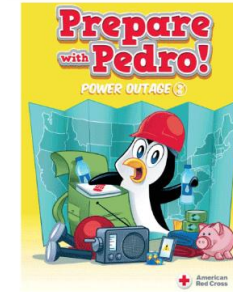


Prepare with Pedro!

AN ADVENTURE IN EMERGENCY PREPAREDNESS



FEMA P-2319 / Jan 2023 American Red Cross



https://www.ready.gov/sites/default/files/2023-10/ready-gov_pedro_game_adventure-in-emergency-preparedness.pdf

Play the Disaster Game

Players must make quick decisions in the face three natural disasters: a blizzard, wildfire and flood. Complicating their quest, a mysterious guide weaves twists and turns along the way.

Key Features

- Available on most web browsers.
- Can be played solo or as a class.
- Does not collect data or personally identifiable information (PII).

FEMA Disaster Mind Simulation Game For All Ages



<https://ithrivegames.org/disaster-mind/>

or

www.FEMA.gov/DisasterMind



FEMA and American Red Cross

A New Game

Prepare with Pedro Game

<https://www.ready.gov/kids/prepare-pedro>



The App that Helps Kids Stay Safe

Monster Guard is the first mobile app created by the American Red Cross that's designed specifically for kids. Follow Maya, Chad, Olivia and all the monsters as they teach kids (aged 7-11) about how to prepare for real-life emergencies-at home plus other environments-in a fun and engaging game. This free app is available to download on iOS mobile and tablet devices.

<https://web.archive.org/web/20210708211927/h>

<https://www.redcross.org/monster-guard.html>

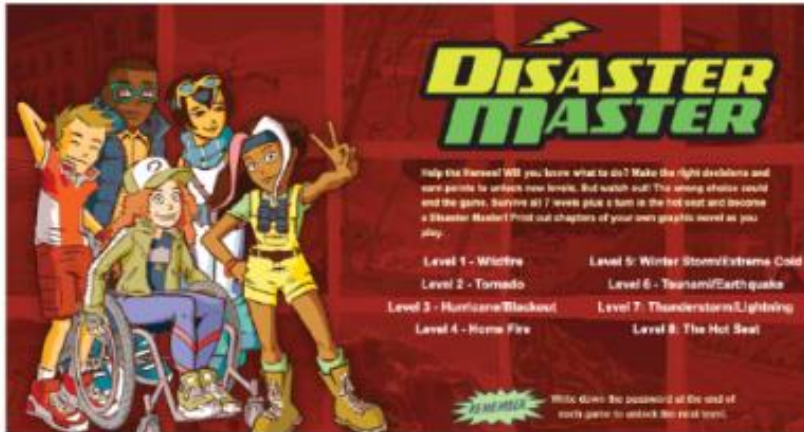
OR

<https://www.redcross.org/local/georgia/about-us/news-and-events/press-releases/red-cross-suggests-free-monster-guard-app-for-housebound-familie.html>

<https://www.ready.gov/kids/games>

GAMES

Are you ready? These games will test your know-how in a wide range of emergencies and teach you how to build the emergency kit. Play Disaster Master and Build a Kit online and order the Ready 2 Help card game today



Disaster Master Game

Step into the heart of the action and help the team face everything from home fires to earthquakes! [Explore](#).



Build a Kit Game

You're on a mission - find what you need and build an emergency kit! Will you pick the correct items? [Explore](#)

Card Game and Companion Book

<https://orders.gpo.gov/icpd/ICPD.aspx>

Ready 2 Help teaches kids five simple steps to stay safe and make a difference until help arrives.

In this fun game, kids respond to example emergencies using skills that can help in a real emergency.

Use this companion book to brush up on the rules and get hints on discussing preparedness with kids.



for a disaster!



Ready 2 Help Card Game

The card game teaches 5 simple steps to stay safe and make a difference until help arrives. [Play now.](#)

Helping Children Cope with Disaster



FEMA



**American
Red Cross**

Together, we can save a life



<https://www.fema.gov/pdf/library/children.pdf>

This is a 12-page booklet

RESOURCES

OTHER EMERGENCY PREPAREDNESS EDUCATION PROGRAMS

- American Red Cross, the Pillowcase Project: www.redcross.org/get-help/how-to-prepare-for-emergencies/emergency-preparedness-for-kids/disaster-preparedness-for-teachers.html
- Home Fire Sprinkler Coalition, Educational Resources for Fire Service: <https://homefiresprinkler.org/fire-department-sprinkler-education>
- Save the Children, Prep Rally: www.savethechildren.org/us/what-we-do/us-programs/disaster-relief-in-america/family-emergency-preparedness-plan/making-disaster-preparedness-fun
- Sesame Street, Getting Ready: www.sesamestreet.org/toolkits/ready
- U.S. Fire Administration: www.usfa.fema.gov/prevention

STATE EMERGENCY MANAGEMENT AGENCIES

- For help finding contact information for your state emergency management agency, please go to www.fema.gov/emergency-management-agencies.

<https://www.ready.gov/kids/student-tools-emergency-planning-step>

The Instructor Guide has multiple pages of resources.



RESOURCES

FEMA

- [Whole Community Planning Guide](#): A 28-page booklet that explores the concept and principles of the whole community approach.
- [Community Lifelines](#): A webpage that outlines the seven kinds of lifelines and includes a link to download the Community Lifelines Toolkit.
- [Comprehensive Planning Guides](#): A webpage with links to download planning guides and resources, as well as emergency operations plans for schools.
- [Business Continuity Planning Suite](#): Software that can be downloaded for businesses and organizations to create, improve, or update their continuity plans.
- [Organizations Preparing for Emergency Needs \(OPEN\) Training](#): A preparedness course for community-based organizations.
- [IS-36: Multihazard Planning for Childcare](#): An independent study course that helps child care providers prepare for incidents to ensure the safety of the children at their site.

Community Preparedness: Integrating the Needs of Children

Instructor Guide

August 2021



Instructor Guide

Community Preparedness: Integrating the Needs of Children

Participant Guide

August 2021



Participant Guide

From Community.FEMA.Gov Preparedness Community : Integrating the Needs of Children

RESOURCES

Federal Organizations

- [Centers for Disease Control and Prevention \(CDC\)](#): CDC is the national public health agency whose goal is to increase U.S. health security.
- [HHS Office of the Assistant Secretary for Preparedness and Response \(ASPR\)](#): ASPR aims to save lives and protect Americans from 21st century health security threats by working with cross-sector partners across the country to improve readiness and response capabilities.
- [The Administration for Children and Families \(ACF\)](#): ACF is a HHS program that focuses on the economic and social well-being of families, children, individuals and communities.
- [U.S. Department of Education \(ED\)](#): ED promotes student achievement and preparation for global competitiveness by fostering educational excellence and ensuring equal access.
- [U.S. Department of Health and Human Services \(HHS\)](#): HHS protects and enhances the health of all Americans and provides essential human services.

Non-Governmental Organizations

- [Academy of Pediatrics \(AAP\)](#): AAP brings over 60,000 pediatricians together to attain optimal physical, mental, and social health and well-being for all infants, children, adolescents and young adults.
- [American Red Cross](#): American Red Cross provides emergency assistance and disaster relief to communities around the world.
- [Save the Children](#): Save the Children is a nonprofit dedicated to improving the welfare of children who are victims of emergencies, wars, and other disasters.

Community Preparedness: Integrating the Needs of Children

Instructor Guide

August 2021



Instructor Guide

Community Preparedness: Integrating the Needs of Children

Participant Guide

August 2021



Participant Guide

RESOURCES



▶ Fact Sheets

- [Emergency Preparedness for the Aging Services Network](#) — Tips and links to resources for community-based organizations

▶ Tools & Toolkits

- [Emergency Preparedness Video Series](#) — National Foundation to End Senior Hunger series
- [Emergency Preparedness Checklist](#) — Checklist to help to prepare for disasters in your area and questions to ask yourself
- [Business Preparedness Toolkits](#) — Ready.gov toolkits to help business prepare for earthquakes, hurricanes, and more
- [Tools for Reaching a Remote Audience](#) — NCOA listicle of resources for delivering services while in a remote location
- [ASPE Emergency Playbook for Federal Human Services Programs](#) — Information on responding to emergencies and disasters and to deliver services equitably

From Administration for Community Living

acl.gov/senior-nutrition/planning-and-preparedness

RESOURCES



Materials for National Preparedness Month

To help educate older adults, people with disabilities, community-based organizations, and others about emergency preparation, ACL created some materials with tips on readiness. These are free to download and available to the public for use.

Social Media Graphics

- [Create a Toolkit \(JPG\)](#)
- [Gather Information \(JPG\)](#)
- [Create a Plan \(JPG\)](#)
- [Prepare for Power Outage \(JPG\)](#)

Emergency Preparedness Poster

- [Download a poster about emergency preparation for older adults and people with disabilities.](#)

From Administration for Community Living acl.gov/emergencypreparedness

RESOURCES

Alabama Better Business Bureau

Offers a variety of consumer services, including consumer education materials; business reports; mediation and arbitration services; and information about charities and organizations that are seeking public donations.

Toll Free 1-800-824-5274
www.bbb.org

Alabama Department of Human Resources (Adult Abuse Hotline)

Protects elderly and disabled adults from abuse, neglect, and exploitation and prevents unnecessary institutionalization.

Toll Free 1-800-458-7214
www.dhr.alabama.gov

Alabama Department of Insurance

Regulates the insurance industry, providing consumer protection, promoting market stability, and enforcing fire safety standards and laws.

Toll Free 1-800-433-3966
www.aldoi.gov

Alabama Department of Mental Health

Serves Alabamians with intellectual disabilities, mental illnesses, and substance use disorders.

Toll Free 1-800-367-0955
www.mh.alabama.gov

Alabama Department of Public Health Nursing Home Complaint Assisted Living Complaint

Provides caring, high quality, and professional services for the improvement and protection of the public's health.

Toll Free 1-800-356-9596
Toll Free 1-800-873-0366
www.adph.org

Alabama Department of Senior Services (ADSS)

Provides a wide array of services and programs to seniors and persons with disabilities of any age.

Toll Free 1-877-425-2243
www.AlabamaAgeline.gov



From Alabama Department of Senior Services www.alabamaageline.gov

RESOURCES

Alabama Disabilities Advocacy Program (ADAP)

Provides quality, legally based advocacy services to Alabamians with disabilities in order to protect, promote and expand their rights.

Toll Free 1-800-826-1675
www.adap.ua.edu

Alabama Securities Commission

Provides for licensing and regulation of securities broker-dealers, agents, investment advisors, investment advisor representatives, and financial planners. Call to verify proper registration of financial investments.

Toll Free 1-800-222-1253
www.asc.alabama.gov

Area Agency on Aging

Serves as the focal point on aging to coordinate public and private resources to help foster independence and enhance the quality of life for seniors.

Toll Free 1-800-243-5463
www.alabamaageline.gov

Attorney General's Office - Consumer Protection Victim Assistance

Serves as legal counsel to Alabama's state agencies, departments, and officers.

Toll Free 1-800-392-5658
Toll Free 1-800-626-7676
www.alabamaag.gov

"Do Not Call" Registry

Register phone numbers to reduce telemarketing.

Toll Free 1-888-382-1222
TTY 1-866-290-4236
www.donotcall.gov



From Alabama Department of Senior Services www.alabamaageline.gov

RESOURCES

Legal Services Alabama

Statewide, non-profit organization that provides free legal aid and assistance to educate and empower Alabama's low-income population.

Toll Free 1-866-456-4995
334-262-8326
www.legalservicesalabama.org

Housing and Urban Development (HUD)

Provides strong, sustainable, inclusive communities and quality, affordable homes for all Americans.

Toll Free 1-800-225-5342
TTY 1-800-877-8339
www.hud.gov

National Center on Elder Abuse (NCEA) Eldercare Locator Service

Provides information and links to services on crimes against the elderly, including financial exploitation.

Toll Free 1-800-677-1116
www.elderabusecenter.org
www.eldercare.acl.gov

National Foundation for Credit Counseling

Assists with credit problems and creditors.

Toll Free 1-800-388-2227
www.nfcc.org

National Suicide Prevention Lifeline

Provides confidential suicide prevention to anyone in suicidal crisis or emotional distress.

Toll Free 1-800-273-8255
www.suicidepreventionlifeline.org

The National Center for Victims of Crime

Provides national advocacy for victims of all crimes.

Toll Free 1-800-394-2255
www.victimsofcrime.org

U.S. Federal Trade Commission (FTC)

Provides consumer protection related to abusive lending, truth in lending, credit cards, identity theft, franchises, businesses, telemarketing, funerals, and cemeteries.

1-877-FTC-HELP
Toll Free 1-888-382-1222
www.ftc.gov

U.S. Postal Service (USPS) Inspector General

Investigates identity theft involving the U.S. mail: if mail was stolen, mailing address was fraudulently changed, or mail was used in an identity theft scheme.

Toll Free 1-800-654-8896
www.usps.gov

Senior Legal Assistance Program

Provides a statewide system of legal professionals who provide services for older adults with personal legal problems.

Toll Free 1-800-243-5463
www.alabamaageline.gov



From Alabama Department of Senior Services www.alabamaageline.gov

Find all these Resources at www.ServeAlabama.Gov



Governor's Office of
Volunteer Services

ServeAlabama.Gov

Info@ServeAlabama.gov

ReadyAlabama.Gov

334-242-1549