

## South Carolina Department on Aging

Area Agency on Aging

(AAA)/Aging Disability Resource Center (ADRC)

### Regional Contact Information

**Region 1, Appalachia – (864) 242-9733**  
(Anderson, Cherokee, Greenville,  
Oconee, Pickens & Spartanburg counties)  
**1-800-434-4036 (outside Greenville County)**

**Region 2, Upper Savannah – (864) 941-8050**  
(Abbeville, Edgefield, Greenwood,  
Laurens, McCormick & Saluda counties)  
**1-800-922-7729 (outside Greenwood county)**

**Region 3, Catawba – (803) 329-9670**  
(Chester, Lancaster, York & Union counties)  
**1-800-662-8330 (outside York County)**

**Region 4, Central Midlands – (803) 376-5390**  
(Fairfield, Lexington, Newberry & Richland counties)  
**1-866-394-4166 (outside Richland County)**

**Region 5, Lower Savannah – (803) 649-7981**  
(Aiken, Allendale, Bamberg, Barnwell,  
Calhoun, & Orangeburg counties)  
**1-866-845-1550 (outside Aiken County)**

**Region 6, Santee Lynchies – (803) 775-7381**  
(Clarendon, Kershaw, Lee & Sumter counties)

**Region 7, Pee Dee – (843) 383-8632**  
(Chesterfield, Darlington, Dillon, Florence,  
Marion & Marlboro counties)

**1-866-505-3331 (outside Darlington County)**

**Region 8, Waccamaw – (843) 546-8502**  
(Georgetown, Horry & Williamsburg counties)  
**1-888-302-7550 (outside Georgetown County)**

**Region 9, Trident – (843) 554-2275**  
(Berkeley, Charleston & Dorchester counties)  
**1-800-894-0415 (outside Charleston County)**

**Region 10, Lowcountry – (843) 473-3991**  
(Beaufort, Colleton, Hampton & Jasper counties)  
**1-877-846-8148 (outside Jasper County)**



**SENIOR P.R.E.P.**  
Planning and Resources for Emergency Preparedness

To contact the South Carolina Department on Aging,  
CALL 1-800-868-9095.

## IMPORTANT NUMBERS TO KNOW

### Where can I find help during a disaster?

The South Carolina Emergency Management Division (SCEMD) is the coordinating agency responsible for the statewide emergency management program. When a disaster happens, SCEMD, county, local leaders, and volunteer organizations collaborate to coordinate a rapid response effectively. For more information regarding SCEMD or your county emergency management offices, visit [www.SCEMD.org](http://www.SCEMD.org).

### Where can I find help for day-to-day assistance?

In South Carolina, there are 10 regional Area Agencies on Aging/ Aging and Disability Resource Centers that provide services, such as home-delivered meals, transportation, in-home care, etc., to help enhance the quality of life for older adults and adults with disabilities. For more information, call 1-800-868-9095 or visit [www.getcaresc.com](http://www.getcaresc.com).

For more information on your local AAA/ADRC and the services they provide,  
call 1-800-868-9095, or visit [www.getcaresc.com](http://www.getcaresc.com)

## YOUR Important Numbers to Know

*The following local information is important when planning for emergencies.*

Local Police: \_\_\_\_\_

Local Fire Department: \_\_\_\_\_

County Emergency Management Office: \_\_\_\_\_

Utility Company: \_\_\_\_\_

**SC Emergency Management Division: (803) 737-8500**

**Poison Control: 1-800-222-1222**

**American Red Cross: 1-866-438-4636**



South Carolina  
**DEPARTMENT  
ON AGING**

**DISCLAIMER:** This document is provided as a public service by the South Carolina Department on Aging (SCDOA). This document was created in collaboration with, and through the guidance of, the SC Emergency Management Division (SCEMD) and is meant to be a tool to help raise awareness of the importance of emergency preparedness for older adults, adults with disabilities, and their caregivers. To contact the South Carolina Department on Aging, call 1-800-868-9095.



**SENIOR P.R.E.P.**  
Planning and Resources for Emergency Preparedness

**Plan Ahead.  
Stay Ahead.  
Have You Prepared?**

# SENIOR P.R.E.P.

Planning and Resources for Emergency Preparedness

SENIOR P.R.E.P. is a program designed to provide planning resources to aid South Carolina's senior population in emergency planning.

## DID YOU KNOW?

South Carolina's senior population is growing at a significant rate. The projected surge in the state's senior population over the coming years has been referred to by many as the "gray tsunami." This wave of seniors is expected to present national and local challenges, and in South Carolina, our senior population is projected to more than double to 1.8 million by 2030.

### Personal Emergency Planning

- Not all emergencies are a result of a natural disaster.
- Identifying potential hazards can reduce the dangers of serious injury or loss of life.
- Individual emergency preparedness should also include planning for the short and long-term needs of you and your loved ones.
- You should have an emergency kit and a plan at home, work, and in your car.
- You should be prepared to support yourself and your family for at least 72 hours following a disaster.

## EMERGENCY TIPS

- Create an emergency kit.
- **Check your emergency supply kit every six months for expired items.**
- Talk to your support system and decide what to do during an emergency.
- **Make plans on where you will go if asked to evacuate.**
- Consider staying with family and friends.
- Consider what personal abilities and limitations may affect your response during an emergency.
- **Talk to your insurance agent to make sure you have adequate disaster coverage.**
- Keep important numbers near your phone.
- Keep important documents in a secure place.
- **Keep a list of all medications, prescriptions, and dosages.**
- Refill your prescriptions when they are eligible.
- Notify your local fire department of any special needs you may have that would require assistance.
- **Label special equipment with your contact information.**
- Keep support items in an easily accessible area.
- Plan ahead for your pets.
- **Test your smoke and carbon monoxide alarms to ensure they have power, and make sure your smoke alarms are not expired and not more than 10 years old.**
- **Follow local media for updates.**
- Make additional planning and preparedness efforts based on your and your family's needs.



### Plan for Your Pet(s)

Remember that animals react differently under stress. It is important to make plans for them before an emergency.

- Include your pet in your family disaster plan.
- Keep your animals' immunization records and medications on hand.
- Have a cage/carrier, leash, bowls, food and water for each pet.
- If you evacuate, plan to evacuate your pet too.



### Roadmap to avoid scams

- Don't answer calls or respond to text messages from numbers you don't know. Block these numbers as they come in.
- Don't give personal or financial information for a request you didn't expect. Legitimate businesses don't do this.
- Don't fall for high pressure tactics. Anyone who pressures you to make a decision, pay or give over personal info is a scammer.
- Know the forms of payment scammers like to use. Beware of gift cards, cryptocurrency, and wire transfers.
- Stop and talk to someone you trust. Before you do anything, tell a friend, family member or neighbor what happened.

Information provided by the SC Department of Consumer Affairs



## THINGS TO CONSIDER

Don't be afraid to ask for help.



### Seniors with Disabilities or Functional Needs

- Plan with family, friends and caregivers to assist with limitations.
- Include necessary assistive technology and medical supplies (i.e., oxygen tank) in your emergency kit.
- Have a plan or backup resource to power essential medical equipment.
- Check with any agency providing you services for special provisions in an emergency.
- Have clear and concise instructions for rescue personnel regarding special needs or equipment.
- Map out accessible emergency exits at home and work.
- Consider getting a medical alert system that can be used to call for help.

## EMERGENCY BASIC NEEDS AND SUPPLIES

# CHECKLIST

- FIRST AID KIT (INCLUDING PRESCRIPTION MEDICATIONS)
- FLASHLIGHT W/BATTERIES
- BOTTLED WATER (2 GALLONS PER PERSON PER DAY)
- NON-PERISHABLE FOODS AND MANUAL CAN OPENER
- IMPORTANT DOCUMENTS (I.E., INSURANCE POLICIES, WILLS, SOCIAL SECURITY CARDS, ETC.)
- EXTRA EYEGLASSES AND HEARING AIDS
- PERSONAL HYGIENE & SANITATION ITEMS
- CLOTHING AND BEDDING
- CASH
- MOBILE DEVICE CHARGERS
- PET SUPPLIES

SC Emergency Management Division:  
(803) 737-8500  
Poison Control: 1-800-222-1222  
American Red Cross: 1-866-438-4636

In case of an emergency,  
call 9-1-1.

## HELPFUL WEBSITES

The information provided on the following websites may be helpful. However, not all listed sites are official government sites and may not be completely up-to-date or accurate.

- SC Emergency Management . . . . . [www.scemd.org](http://www.scemd.org)
- SC Consumer Affairs . . . . . [www.consumer.sc.gov](http://www.consumer.sc.gov)
- American Red Cross . . . . . [www.redcross.org](http://www.redcross.org)
- FEMA . . . . . [www.fema.gov](http://www.fema.gov)
- GetCareSC . . . . . [www.getcaresc.com](http://www.getcaresc.com)

It's never too early to start planning.

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