



Insider

News and information to help Florida's aging road users



June 2020

The Safe Mobility for Life Coalition recognizes June as “You Hold the Keys” Month. It is also National Safety Month, and because of COVID-19, safety is at the forefront of many people’s mind. Let us take that extra time at home to proactively plan and prepare for unexpected hurdles. Remember, you hold the keys when it comes to your safety.



Understand



Be Proactive



Plan





Understand

Staying Active While Staying Home

Our new normal means spending a lot of time at home. But that does not mean you can't stay active while following social distancing guidelines. Putting exercise into your daily plan is a good way to improve your health, boost your mood, and can also help you cope with anxiety.

[Free workout videos and tips](#) from the National Institute on Aging (NIH) can be found online. Remember, always check with your healthcare provider to learn about what levels of physical activity are safest for you. There are many options available, so you can tailor your plan to meet your needs.

A [15-Minute Sample Workout for Older Adults](#) is a great way to slowly start building up your strength and flexibility. You should always be able to carry on a conversation while exercising. If you feel dizzy, develop chest pain or have problems breathing, stop and rest immediately, try drinking some fluids, and seek medical assistance as needed if you do not recover promptly. Remember not to overdo it. Short periods of movement are still much better than no movement at all.



If you are able and feel comfortable going outside, take advantage of the fresh air and consider going on a walk or bike ride. A neighborhood walk with household members allows you to exercise, socialize, and get out of the house all at once. Remember to practice [safe walking habits](#): obey all traffic laws, always use crosswalks, and wear clothing that keeps you visible.

When you take your wheels for a spin, be sure to wear your helmet, stay alert to drivers and people walking, and do an "ABC Quick Check," which can be found on page 20 of our [Bicycling Booklet](#). These tips hold true if you are biking on a trail, in the roadway or [on a sidewalk](#). In addition to pedestrian and bicyclist laws, obey any local ordinances, which may include wearing a face mask and practicing social distancing in public.

Whether you are walking, biking, or just doing a workout in your living room, making physical activity a regular part of your life can improve your health and help you maintain your independence as you age.



TIP

While you are out, use [AARP's Walk Audit](#) and [Alert Today's Bikeability Checklist](#) to rate the walkability and bikeability of your neighborhood. Share this information with community leaders to encourage changes if needed!



Be Proactive

Preparation is Key When an Emergency Hits

It's the first week of hurricane season, the time of year when hurricanes are most likely to form in the Atlantic. While COVID-19 has been top of mind since March, it is important to be proactive and prepare for all types of [hazards](#). The best time to prepare for an emergency is always "now," when you can take the time to make sure you have a safe place to shelter and have all the proper supplies. Then, if a storm threatens or an emergency occurs, you will be ready to take care of yourself and your family.

Prep your disaster supply kit

Disaster Supply Kits are a key part of any disaster plan. The **Florida Division of Emergency Management** recommends being prepared for at least of seven days without access to basics like food, water, and power. [A full checklist](#) is available on their website. Shortages of key items are likely during any widespread crisis and are especially true now. Make sure to collect the crucial items when you have the chance. Many stores have implemented "senior shopping hours" to help older adults avoid the crowds. Taking advantage of these

hours, or shopping online, are safe ways to build your kit while keeping up social distancing. Also be sure to [consider](#) your pets when preparing your supply kits and plans.

Know your evacuation routes

If you can evacuate on your own, make sure you know where you will go and how you will get there. Plan to stay with family or friends or choose to go to a city outside the evacuation area, preferably a place that you are familiar with. Florida's 511 Traveler Information Service helps you map out the best route to your destination along with at least two alternate routes, if your planned route cannot be accessed. Before you leave home, check FL511.com or call 511 to make sure your planned route is clear.



Join the special needs registry

If you or your family think it may be tough to evacuate during an emergency, consider joining your county's Special Needs Registry. The registry is run by the Florida Division of Emergency Management to assist residents who need transportation or shelter when alerted to evacuate their homes because of a disaster or storm. [Register online](#) and provide as much information as possible when joining to help emergency managers plan for future disasters.

Floridadisaster.org also provides access to other disaster prep resources:

- [AlertFlorida](#) will show you where you can find and set up emergency alerts for your area
- [Floridadisaster.biz](#) provides helpful information specific to businesses
- Information on how to [secure your home](#) from wind
- A list of [15 Florida hazards](#) and how to be prepared for them



Plan

How to Build Your Disaster Plan

While life in Florida has many perks, residents are all too familiar with severe weather and hazards. That is why everyone needs a disaster plan. When was the last time you updated yours?

The **Florida Division of Emergency Management** makes it quick and easy to complete a family plan, special needs plan, or a business plan through their website. You can create a tailored disaster plan that includes:

- Supply check lists for pets, food and utensils, and a general supply list for first aid, important documents, special needs items and more.
- Details on how much drinking water is needed based on how many people are in your home.
- An out-of-town contact and family meeting place nearby that can be used if you cannot do so at your home.
- Emergency management contacts specific to your community, such as your local emergency management office, county social media pages, links to local shelters and the American Red Cross.
- Tips for people with special needs, such as the special needs registry, completing an Emergency Health Card and choosing a special needs shelter.



TIP

Avoid the grocery store by using apps and websites to get your groceries delivered with services such as Postmates, Shipt, Publix Delivery or Instacart. You can ask a friend or loved one for help setting up your account. If you must go in person, visit during older adult shopping hours.



Here are the five steps to creating your disaster plan [online](#):

Step 1: Identify your type of plan (family, business or special needs) and input the address for that location

Step 2: Choose how many household members should be included in the plan. This will be used to calculate specific plan details. It includes adults, infants/toddlers, children, older adults and members with special needs.

Step 3: Identify any family pets and how many.

Step 4: Talk with your household members and designate an out-of-town contact who can be reached to report your location and whether you are safe. Also find a nearby meeting location where everyone can go should your home become inaccessible.

Step 5 (Special Needs Plans Only): Identify whether a household member has functional or access needs (like an oxygen tank) and if they are currently receiving services for daily living (such as Meals on Wheels).

The “Get A Plan” site pulls together all your household details, along with the tips, checklists, and other relevant information, into one printable PDF. Take your plan and hang it on the fridge, save it in your cell phone, and share with other family members. You can even email the plan and save it to a profile.

Take advantage of the [Get A Plan site](#) and build your plan today!



TIP

Older adults are at a high risk for social isolation. You can utilize video chatting services to stay connected. [This helpful video](#) gives you the basics.



Partner Spotlight



DOEA 2020 Disaster Preparedness Guide A Must-Read

The [Florida Department of Elder Affairs'](#) (DOEA) 2020 Disaster Preparedness Guide is the latest page-turner that should be at the top of your summer to-do list. It has everything older adults need to make sure they are prepared for hurricanes, tornadoes and floods. Free and downloadable, the [Disaster Preparedness Guide](#) is just one of the many items and topics that DOEA supports.

Other guide topics include medical insurance, healthy lifestyles, long-term care, and legal matters – all tailored to older adults. DOEA also supports safety for older drivers and alternative transportation options for those who can no longer drive.

For more information, download the guide and/or visit another helpful [list of services and advice](#) from DOEA.



Safety Spotlight

What Ties Us All Together

The Safe Mobility for Life Coalition just wrapped up “Working Together Month,” but the collaboration does not stop there. Our diverse group is made up of agencies and organizations that span transportation, healthcare, higher education, elder affairs and law enforcement. Together, we have one thing in mind: safety for Florida’s older adults.

Whether it’s preparing for hurricanes, reducing crashes, fatalities and serious injuries on our roads, or providing support during the current COVID-19 pandemic, our Coalition members will continue to share easy-to-access tips and resources to keep you safe all year long:

The [Florida Department of Health](#) offers the latest information about [COVID-19](#) and also provides information about [injury prevention](#) for older adults.

The [Florida Department of Elder Affairs' Disaster Preparedness Guide](#) is not the only resource they have available. Their site also hosts a [quick resource guide](#) for both older adults and caregivers, their bimonthly [Elder Update](#) newspaper and the latest [COVID-19 updates](#).

The [Florida Department of Transportation's Road Rangers](#) can help you if your car breaks down on the highway. Their [recent newsletter](#) showcases the Road Rangers' ability to handle many urgent situations, including Silver Alerts.

Driver safety courses provided by [AAA](#) and [AARP](#) help you maintain your driving skills so you can remain safe behind the wheel. Online courses are available.

Senior centers across the state are hosting online classes and discussions to keep older adults socially engaged. The best part? They can be accessed anywhere! Call or visit any [senior center's](#) website to see if they have online activities available.

The **Florida Department of Highway Safety and Motor Vehicles** is [extending the expiration](#) of licenses and IDs. Their online portal also makes it easy to handle many services online through [GoRenew](#).

The [Florida Public Transit Association](#) is staying on top of the latest CDC recommendations. Transit agencies can visit their website for best practices and tips to keep riders safe. Many agencies, such as the [Hillsborough Area Regional Transit Authority](#), are implementing these recommendations as part of their COVID-19 response.

These are just some of the many ways that the Safe Mobility for Life Coalition members are working to help Florida's older adults be proactive and stay safe. Thank you to the Coalition members and the countless groups across Florida, including our healthcare providers, who put safety first year-round.

TIP

Need help getting somewhere? [Find a Ride](#) gives you a list of all the transportation options in your area. Phone numbers and weblinks are provided so that you can contact each transportation provider to learn more.





To request outreach materials:
 Safe Mobility for Life
 Resource Center
 Phone: (850) 644-8426,
 Email:
 Contact@SafeMobilityFL.com

Do you know a group of older adults who would be interested in learning more about the Keys to Achieve Safe Mobility for Life? Email **Contact@SafeMobilityFL.com** to schedule a “The Keys to Achieve Safe Mobility for Life” workshop today.



SafeMobilityFL.com



Safe Mobility for Life Program
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