

**While HELPING THE ELDERLY in the earthquake-impacted zone:**

**1/3 FIRSTLY PAY ATTENTION TO THESE DETAILS:**

- **Can they communicate with you?**
  - (Do they need a translator for proper communication?)
- **Can they hear you? Can they see you?**
  - (If they have glasses or a hearing aid, is it intact?)
- **Are they in touch with their families and relatives? Are they in the vicinity?**
  - Do they have a phone? Do they use it, do they have it on them?
- **Can they articulate their needs?**

If they are not open to communication, ask for help from the people they know/trust.

Pay attention to their emotional state as much as to what they say!

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**2/3 DETERMINE THE STATE OF THEIR HEALTH:**

- **Do they have any medical issues?**
- **Are they conscious? Do you suspect cognitive issues such as dementia?**
  - List all acute or chronic health issues
- **Is there any medicine they need to take regularly?**
  - Try to obtain a full list of medicines, especially those they take regularly.
  - If you are able to learn/determine the diseases they suffer from, ask what medicines they take for each of these issues.
- **Do they have their medicine on them, can you obtain it?**
  - Determine the medicines the intake of which cannot be postponed. // Determine which medicines must be taken immediately.
- **Do they suffer from any new medical issues caused by the earthquake?**
  - Do they need to see a doctor or be sent to a hospital?
- **Do they have any new or old physical disabilities?**
  - Do they need a cane, a walker or a wheelchair?

If they are known to have dementia, it is crucial to know the medicine they use including any sticky patches.

The medicine intake should not be postponed if possible. If you cannot obtain the medicine in question, make sure you consult a specialist.

Try to find family members or friends /acquaintances who may support the person with dementia.

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**3/3 DETERMINE THEIR SOCIAL NEEDS:**

- **Are they on their own?**
  - Were they able to contact their family, friends or an institution or did somebody do this for them?
- **Do they need accommodation?**
- **If they will be moved to a safe place, taking a few personal belongings with them and being assisted by somebody they know may be crucial from a psychological perspective.**
- **Do they have a phone? Can they use a smartphone?**
- **Can they express their needs?**
- **Do they have drinking water and suitable food?**
  - Dehydration may lead to rapid deterioration of health in elderly people, we need to pay close attention to this issue.
- **Do they have access to a toilet and a bath they can easily use?**
  - Do they use adult diapers or catheters?

**If they cannot express their needs due to health issues such as dementia, try to transfer them to a place where they can receive proper care/follow-up.**

**Make sure that they are not left on their own.**