



A plan for parents who live alone.

How to get an older parent ready from another city, without moving them or arguing about it.

1 Call it something else



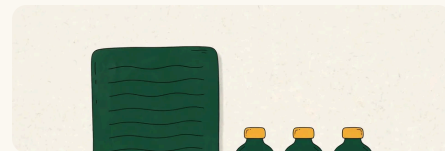
- Not prepping. A just-in-case bag, like for a hospital stay
- Tie it to something they already worry about, like the power
- Do it with them, not to them

2 A bag they can actually move



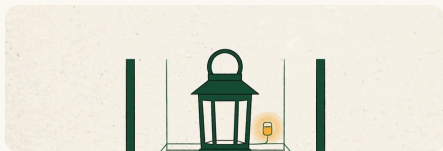
- A small rolling suitcase, not a backpack
- Under fifteen pounds packed
- Lives by the door they use

3 Medications, two weeks, written large



- Pharmacy can fill a backup supply; ask
- A big-print list: name, dose, when, prescriber
- A photo of each label on your phone too

4 Light they can find



- A lantern on the nightstand, a flashlight by the chair
- Plug-in night lights with a battery backup in the hall
- Nothing that needs a smartphone to turn on

5 Water and food they can lift



- Small bottles, not a jug, a case in the closet
- Crackers, nut butter, fruit cups, shelf milk
- You ship it; they just open the box

6 The neighbor with a key



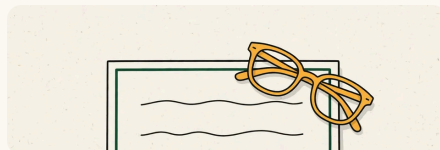
- One person on the street who checks after any event
- Your number in their phone, theirs in yours
- A thank-you gift card now and then keeps it warm

7 Alerts that reach them



- County alerts on their phone and on yours
- Utility outage and shutoff texts on both
- A battery radio for when the towers go

8 Medical Baseline and the device list



- If anything plugs in to keep them well, enroll them
- Extra notice before a shutoff, and a lower bill
- The device list taped inside a cabinet

9 Heat and cold plan



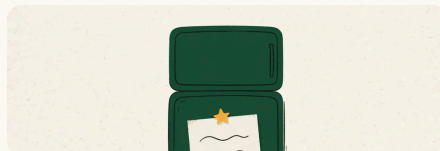
- Older adults are most of the heat deaths; a plan is not optional
- Where the cooling center is, and who drives
- Blackout curtains and a battery fan shipped in May

10 Papers in two places



- Copies of ID, insurance, medication list in the bag
- A set with you, and a scan in a cloud folder
- The insurance claims number on the fridge

11 Where they go, decided now



- A friend nearby, then you, then the county shelter
- Who drives if they cannot
- Written on the fridge in big print

12 The daily call



- Same time every day, two minutes
- A missed call means the neighbor knocks
- This is the habit that catches everything else

Light bag, big print, one neighbor, one call a day. That is the whole plan.

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