HeatWise
Caregiver Climate Resilience Toolkit

My HeatWise Personal Plan:

For Me & My Loved One

Who I care for:

My role: (daughter, spouse, friend, etc.)

Where we'll go if it gets too hot:

Medications that need to stay cool:

Where we'll go if it gets too hot:

A list of daily needs + comfort items:

One thing I'll do to care for myself:

Our emergency support circle:
(neighbors, fire dept., backup caregiver)

Plan for power outages:
(cooler + ice packs, flashlight, charged phone)

LACRC
LOS ANGELES CAREGIVER RESOURCE CENTER
A Program of the USC Family Caregiver Support Center

This project was supported by **Molina Foundation**

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Learn more at **losangelescrc.usc.edu/heatwise**

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Packing Checklist
Should You Have to Leave Your Home

Check Each Item

Always share your HeatWise emergency plan with others you can count on.

- ☐ **Recent photo of your loved one**
- ☐ **Printed emergency plan and contact card—Emergency support circle** (family, neighbors, fire dept., backup caregiver contact info)
- ☐ **Where we'll go if it gets too hot:**
- ☐ **List of Medications—include those requiring refrigeration** (don't forget yours)**!**
- ☐ **Water bottles for you both**
- ☐ **Lightweight, non-perishable snacks**
- ☐ **Phone charger and extra battery pack**
- ☐ **Portable fan or handheld battery-powered fan**
- ☐ **A comfort items: book, music, puzzle, or soft object—don't forget yours!**
- ☐ **A towel or bandana** (you'll use this in your cooling tricks!)

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