Sample household emergency plan

A person living alone – Ruth

Age 79 | Second-floor apartment | Uses a walking frame and hearing aid

Prepared: 26 November 2026 | Next review: 26 December 2026

All personal details are fictional and for illustration only.

Household members and roles

Name	Role	Daytime location
Ruth	Adult	Home

Adult responsibilities

Responsibility	Assigned to
Check official instructions	Ruth
Contact household members	Ruth
Keep documents and contact list	Ruth
Check supplies	Ruth
Prepare the evacuation bag	Ruth
Open the protected space if needed	Ruth

Selected adaptations

Living alone; older adult; limited mobility; regular medication

Adaptation plans

Check alert reception in the bedroom, access with a walking frame, regular medication and an accessible evacuation route. Do not rely on someone arriving during an alert.

What we learned in our discussion

Ruth keeps her walking frame, phone and hearing aid within reach. Yael helps coordinate supplies and checks; Rina checks in after an event when safe.

Protection

Protected space: Shared protected space (Mamak) on the same floor, about 16 metres along a step-free hallway.

Check findings: A box was moved from the hallway. Travel time with the walking frame and round-the-clock availability have not been verified. Do not treat this as a confirmed shelter solution; consult a qualified authority in advance about an alternative.

During an alert, follow Home Front Command instructions for your location. Do not delay taking shelter to collect supplies or reunite household members.

Communication and regular settings

Role	Name	Agreed
Primary contact	Yael – daughter	Yes
Backup contact	Rina – neighbour	Yes

Agreed “I am safe” message: I am in a safe place and I am OK. I will update you when I can.

If contact is lost: stay somewhere safe, do not automatically leave to look for family members, try to relay a message via the contact person, and travel to a meeting point only when safe and permitted. Try again after 30 minutes.

When household members are in different places

Ruth takes shelter first; when permitted and safe, she updates Yael. If there is no response, Yael tries again and checks with Rina.

Meeting points

Type	Location
Nearby	Rina’s apartment on the same floor, only when safe and permitted to leave
Alternative	Yael’s home

Check with household members

Not applicable.

Supplies and evacuation

Checked, accessible and working: flashlight; phones.

Stock calculation

Water: 9 litres required; 3 litres still needed.

Important gaps

Action	Assigned to	Due
Add 3 litres of water and one more day of food	Ruth	29 Nov 2026
Get hearing aid and flashlight batteries	Ruth	29 Nov 2026

What we found when checking supplies

6 litres of water and food for two days; hearing aid and flashlight batteries are missing. Charge the power bank and update contact list and prescriptions.

Destination and transport

Possible destination: Yael’s home; hosting agreed, accessibility and route not checked

Transport: Not yet decided

Evacuation responsibilities

Item	Assigned to	Location
Contact list	Ruth	Accessible evacuation bag; keep passage clear
Copies of selected documents	Ruth	Accessible evacuation bag; keep passage clear
Flashlight	Ruth	Accessible evacuation bag; keep passage clear
Power bank	Ruth	Accessible evacuation bag; keep passage clear
Bottled water	Ruth	Accessible evacuation bag; keep passage clear

Evacuation check findings

What worked: a place was assigned for the evacuation bag.

What needs to change: agree on the destination and route before they are needed.

Support network and practice

Name	Type of help	Agreed
Yael – daughter	Communication and coordination	Yes
Rina – neighbour	Check-in / assistance after the event	Yes

Practice and review

The hallway was checked and cleared of an obstacle. Travel time with the walking frame has not yet been measured.

Outstanding tasks

Task	Assigned to	Due
Add 3 litres of water and one more day of food	Ruth	29 Nov 2026
Get hearing aid and flashlight batteries	Ruth	29 Nov 2026
Measure travel time with walking frame; verify sheltering time and alternative	Ruth	3 Dec 2026
Check Mamak availability with building committee	Ruth	3 Dec 2026
Check alert reception in bedroom	Ruth	3 Dec 2026
Update contact list and prescriptions; arrange backup help	Ruth	3 Dec 2026
Check accessible evacuation route to Yael’s home	Ruth	3 Dec 2026

Prepared Home helps organise information and make decisions. It does not replace official instructions or professional advice.