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For Immediate Release

***Seniors to Go!* guide helps seniors and senior groups become better prepared for an emergency**

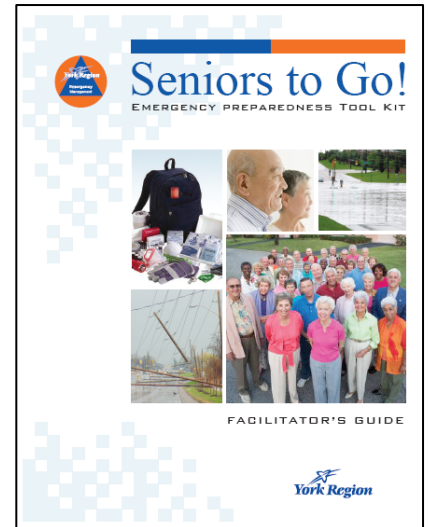
Tool kit provides step-by-step resource for becoming disaster resilient

NEWMARKET – There's a knock at your door in the middle of the night by police or fire personnel telling you to evacuate immediately due to a gas leak in your neighbourhood.

Would you have a place to go? Would you be able to quickly locate important prescription medicines, documents and identification to take with you?

The Regional Municipality of York's Emergency Management department has produced *Seniors to GO!*, a step-by-step tool kit and resource guide designed for adults, 65 years and older living independently or in assisted-living situations, prepare for an emergency or disaster situation.

"The Regional Municipality of York is committed to ensuring our seniors are prepared for any type of emergency or disaster they might encounter," said York Region Chairman and CEO Bill Fisch. "This guide is specifically intended to address our aging population and their special needs."



Seniors to Go! is designed to function as a stand-alone resource, one that can be used by interested seniors groups, associations and agencies without any additional assistance from emergency management professionals. The tool kit will enable seniors organizations to help their membership access relevant emergency preparedness information so they can work together to prepare for the unexpected for the first 72 hours of an emergency.

"Many seniors have age-related challenges, including chronic conditions and mobility issues which may put them at increased risk during an emergency," said York Region Chief Administrative Officer Bruce Macgregor. "Our goal is to help our seniors be better prepared in the event of an emergency."

Seniors to Go! is available by visiting York Region's website at www.york.ca and clicking on the *Seniors to Go!* banner or on the Emergency Management and Contacts link. For a printed copy, contact York Region's Emergency Management department at (905) 830-4444, Ext 1212. (Both versions are available in large print to accommodate persons with visual impairments.)

For more information on The Regional Municipality of York, please visit www.york.ca

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Media Contact: Ken Turriff, Corporate Communications, York Region
Phone: 905 830-4444 / toll-free 1-877-464-9675, Ext. 1226
Cell: 905 251-6415 / Email: ken.turriff@york.ca