

Survival For Seniors

with Buck Greene for www.ModernCombatAndSurvival.com

1. Stockpile Medications

Older citizens tend to rely on a variety of medications, many of which are keeping them alive. Blood pressure and heart medications, diabetes medications, you name it: A lot of us are taking something, and if you run out, you might be in danger of dying.

- Don't just pay lip service to this. You need to start stockpiling medications RIGHT NOW.
- Your doctor might be willing to help you, and might even be able to provide "samples" to help you with your stockpile.
- For some medications you can report them "lost" and buy out of pocket to get more. Obviously, you can't do this with heavily controlled medications like some prescription painkillers.

2. Invest In A Rolling Cart

The older you get, the less you can carry. It has been said that the leading cause of injury in older people is believing they're still younger people.

- Some rolling carts are designed to go up and down stairs, which makes them especially suitable.
- Being able to roll and drag your gear rather than trying to pick it up and move it can make a HUGE difference.
- I've seen cheap rolling carts in some Chinese Dollar Stores, but avoid these; you want something a little better made that will hold up for the long haul.

3. Cultivate "Survival Buddies"

The older you get, the more you need help.

- These are younger people who are like-minded and willing to help out.
- Mentor them and trade your knowledge for assistance when the "balloon goes up."
- Most younger people are really eager to find older mentors who can share "old school" knowledge with them. And younger people knowledgeable in survival are happy to share what they know with older folks.

4. Get "Survival Weapons"

If you're older, that means you're probably physically weaker than you used to be. This makes survival weapons more important than ever.

- You can't swing a heavy machete effectively if you're getting older or suffering from arthritis.
- Focus on smaller, very sharp knives, making them as keen as you possibly can.
- This maximizes what you can do with less effort. Consider your physical strength when it comes to firearms, too. Racking a .45 slide might be harder than operating a revolver.

5. Consider "Survival Animals"

A large, loyal dog who will protect you is a great friend for an older person.

- Tactical gear is available for dogs; your canine friend (who could be your best companion) might be able to pack some of your gear.

Prepare. Train. Survive.