

EMERGENCY PREPAREDNESS FOR PEOPLE WITH DISABILITY

KAISER FOUNDATION REHABILITATION CENTER – VALLEJO, CALIFORNIA



Emergency Preparedness for All: Meeting the Unique Needs of the Community of Individuals with Disability

Unfortunately, emergencies and disasters can and do happen. If you have a change in ability or mobility due to a medical condition, preparing for an emergency involves some additional planning. Come to this class, bring your questions and learn more about:

- Emergency preparedness specifically for individuals with disability
- Making or adjusting emergency plans
- Building an emergency supply kit
- Emergency resources for individuals with disability

Important resources (visit these sites and search for the listed topics):

- www.ready.gov - Individuals with Disabilities and Others with Access and Functional Needs
- www.redcross.org - Preparing for Disaster for People with Disabilities and other Special Needs
- www.cdc.gov - Emergency Preparedness: Including People with Disabilities
- www.hhs.gov - Emergency Preparedness Resources for Persons with Disabilities

Preparation tips

Planning for emergencies

**Remember The 3 P's:
Plan, Prepare & Practice**

- Make an emergency plan:
 - Be informed
 - Build a support network
 - Teach people how to assist
 - Make a communication plan
 - Make an evacuation plan,
 - Identify transportation needs
 - Build an emergency kit with at least 3 days of food, water and supplies if evacuating or up to 2 weeks if sheltering in place
 - Update contents yearly
- Part of an evacuation plan should include contacting your local fire department for information (many communities have special assistance programs available)
- Emergency kit for individuals with disability should also include important medications, mobility items, backup batteries or power source if you have powered equipment, assistive devices and medical supplies in addition to standard emergency supply items
- If you have a service animal, include additional emergency food, water and supplies



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EMERGENCY PREPAREDNESS CHECKLIST

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Emergency Kit and General Supplies - Should contain enough food, water and supplies for you and your family for 3 days if evacuating or up to 2 weeks if sheltering in place. Include additional food, water and supplies if you have a service animal. A basic emergency kit should contain:

- A waterproof, easy to move kit (example: garbage can with wheels)
- Water: one gallon per day person
- Food: non-perishable food to meet dietary needs
- Emergency blanket/sleeping bag
- Flashlight & extra batteries
- Radio: battery and or hand-crank
- Water proof matches/lighter
- Basic first aid kit
- Manual can opener
- Single burner cooking stove w/propane canisters
- Eating utensils
- Cash & coins
- Filter face mask (N-95 rated)
- Toilet paper & baby wipes
- Garbage bags & zip ties
- Tools to turn off utilities
- Emergency signaling (mirror, whistle, distress flag, etc.)
- Copies of important papers (birth certificates, insurance policies, deeds to home, driver's license, financial accounts)

Pack a Personal Carry Bag

- 7-day supply of medications (include medication names, dosage & doctor contact information)
- Warm clothing, consider different weather conditions
- Medical supplies (gloves, pads, catheter supplies and equipment)
- Mobility supplies and adaptive equipment (transfer board, hand splints, prosthetics, etc.)
- Backup batteries or power source for equipment
- Eye glasses, contact lens supplies, hearing aids
- Personal hygiene items: tooth paste, tooth brush, deodorant, hair brush

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Communication planning:

- Your family may not be all together during an emergency or disaster, so it is important to make a communication plan for different situations
- Write contact numbers of each family member, such as work, school and cell phone.
- Make sure to have an out of town emergency contact (sometimes it may be easier to call long distance than across town if the phone system is impacted)
- **Communication/Contact Info:** Get Contact cards online at www.redcross.org

Evacuation planning:

- Identify evacuation routes transportation and mobility needs
- Establish meeting points with your family
- If unable to bring your wheelchair, at least you should bring your cushion

If you do not have internet access, let us know so we can help you with printed resources



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