

# DISASTER READINESS TIPS FOR PEOPLE WITH DISABILITIES

Florida Division of Emergency Management

## Your Plan

Identify your resources. Make a list of family, friends, co-workers, personal attendants, service providers who can be part of your plan. Include people both in and out of your immediate neighborhood or community, like a relative in another state. Talk to these individuals and ask them to be part of your support network (at least 3 people in each important location, e.g. home, workplace, etc.)

Tip: Ask yourself what resources you rely on regularly and determine how a disaster might affect your use of them?

Do you use communication devices?

Do you depend on accessible transportation to get to work, doctor's appointments or to their places in your community?

Do you receive medical treatments (e.g. dialysis) on a regular basis?

Do you rely on electrically dependent equipment or other durable equipment?

Do you use mobility aids such as a walker, cane or a wheelchair?

Do you have a service animal?

## Create an Emergency Plan

Work with your support network to make a plan. You should have a plan at home, work, school, or any place you spend time regularly.

You should make a plan that includes hazards that can impact your community. Apply contingencies you use daily to deal with power outages or transportation delays or breakdowns. This will help you as you consider larger disasters such as hurricanes, earthquakes, floods and terrorism.

Create a communication plan. Make sure you and your support network have each others contact information and alternate ways to communicate if phones are not working (such as an assigned meeting places, using pagers, e-mail or other technology not reliant on phone lines).

Tip: For individuals who use telecommunications relay services, look into different options to use as back-up including: dialing 711 (nationwide), Cap Tel (captioned telephone) internet based relay (through computer, text pager, PDA, etc.) and or video relay services (through broadband).

Make an evacuation plan for home, work, school, etc. Identify a primary and secondary way to evacuate the house or building.

If you require assistance to evacuate, create a plan with the assistance of your support network. If necessary, look into evacuation assistive devices or the installation of ramps at emergency exits. If you require accessible transportation to evacuate an area, identify resources both public and private.

Plan for different ways of sheltering. Consider what you can do to safety shelter –in-place. Consider how to shelter with friends and family. Finally, consider how a shelter designated for the public would meet your demands.

**Tip: See information about making a "ready kit" or "go bag".**

If you receive regular services (home health care, transportation, dialysis, make a plan with each service provider. Learn about their disaster plans and how to contact them in an emergency. Work with them to identify back-up service providers.

## Checklists and Resources

**Be Ready....**Create a ready kit and a go bag.

You should create a comprehensive "ready kit" with the many supplies necessary to self sustain for a period of time. Also create a "go bag" containing your most essential items to take with you if you must leave immediately.

**Include in your kit:** Items on this list can be included in both the ready kit and go bag. It is up to you to decide the most essential items to include for your and your family.

3 day supply of non-perishable food and manual can opener. Make sure the food meets your dietary requirements.

3 days supply of water. Plan for 1 gallon per person per day. You may need more. Consult with your doctor.

Medical equipment and assistive devices (glasses, hearing aids, catheters, augmentative communication devices, canes, walkers). Label each with your name and contact information. Be sure to have extra batteries and chargers.

Medications, including a list of the prescription name, dosage, frequency, doctor and pharmacist. Also consider if medications need to be refrigerated and if so, bring a cooler with an ice pack or other coolant system.

List of emergency contact information including your support network members in and out of the region, service providers, etc.

Copies of important documents (birth certificate, passport, licenses, insurance information, proof of address).

Extra set of keys.

Flashlight and radio with extra batteries.

Cash, credit cards, checkbook, ATM card.

Sanitation and hygiene items – including soap, denture care, absorbent pads, etc.

Items for infants, such as formula, diapers, bottles, and pacifiers.

Supplies for a service animal including food, identification tags, proof of up-to-date vaccinations, and veterinarian contact.

Clothes, blanket, pillow.

White distress flag or cloth, whistle, flashlights and/or glow sticks.

Basic first aid kit.

Identify your disability-related or health condition need by writing it down or wearing medical alert tags or bracelets.