

Disaster Readiness

Being ready and organized is the best way to be prepared. Emergencies can happen quickly so have a plan in place for when a disaster occurs. The information below will help you prepare.

Have a Personal Support Network

Your personal support network will check in and help you in an emergency.



People that might make up your Personal Support Network are family members, friends, roommates, church members, staff, coworkers and/or neighbors. Having at least three people identified at each spot you often spend time is the best. See the website link below to learn more about seven important items to talk about and setup with your Personal Support Network. <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/seniors.html>

Make an Emergency Plan

Meet with your Personal Support Network members to review your emergency plan. Practice emergency drills and escape routes several times a year. Make sure everyone knows where you are to meet one another when a disaster happens. Have an emergency plan for different types of disasters such as tornadoes, flooding, blizzards, ice storms, fire and national emergencies. Tell a few people where you keep your emergency supplies and give at least one trusted person a key to your house or apartment.

Staying Independent During Disasters

To stay independent before, during and after an emergency we recommend the next steps.

Step 1. Plan ahead for an emergency. Make sure you have:

- medications, medical equipment and medical supplies
- health-related items
- your service animal and their supplies
- list of your in-home service providers, transportation resources and their contact information
- special technology and communication tools
- safe housing or shelter that you can get to



Step 2. In your emergency plan include contact information for:

- Your doctors (and a list of any medications you are currently taking)
- Transportation services
- Local center for independent living and other community service providers
- In-home caregivers (therapy, meal delivery services, medical care)
- City or county emergency management offices for planning resources
- Local fire, police and emergency medical services



What to take to a shelter

When a disaster happens you may need to take shelter in a safe place. Below is a list of items you may want to take with you:

- Identification for each family member
- Family/friend/caretaker's emergency contact information
- 7-day supply of medicine in the original bottle
- Written list of all medications with each prescribing doctor's name and phone number
- Glasses, dentures, hearing aids
- Medical equipment used on a daily basis (wheelchair, walker, cane, oxygen, catheters, etc.)
- Extra batteries needed for any medical equipment
- Special dietary foods
- Food and supplies for service animal
- Clothing for 3-7 days
- Pillows and blankets
- Toiletries (toothbrush, toothpaste, comb, soap, washcloth, feminine hygiene products)
- Incontinence supplies, if needed
- Cellphone with charger
- Books, games, cards and headphones



Center for Disabilities

South Dakota Council
on Developmental Disabilities



NCCDD
North Carolina Council on
Developmental Disabilities

The included content was resourced from the North Carolina Council on Developmental Disabilities and the Red Cross website, which was co-authored by the American Red Cross, Department of Homeland Security, and FEMA. See link here: <https://www.redcross.org/get-help/how-to-prepare-for-emergencies/disaster-safety-for-people-with-disabilities.html>.

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