

EMERGENCIES DON'T WAIT FOR YOU ~ BE PREPARED!

If you are responsible for helping others when the unthinkable happens – a little bit of planning now may save a lot of heartache later!

IF SOMEONE YOU SUPPORT HAS MOBILITY NEEDS:

- Store emergency supplies such as gloves, batteries, patch kits, etc., in a pack attached to or near the equipment.
- If the person uses a cane or other device, keep an extra one in an easily accessible place.
- Arrange and secure furniture and other items for barrier-free passage. Be sure all pathways are wide and unblocked. Practice evacuation often.



IF SOMEONE YOU SUPPORT HAS MEDICAL CONDITIONS & DEVELOPMENTAL DISABILITIES:

- Develop and maintain an emergency health information card for local police, fire, emergency personnel and others who may not know the person.
- Make arrangements for at least 2 people to check in and see if the person is okay after a disaster strikes.
- Always have at least a week's supply of medication or other needed supplies (such as oxygen) on hand.
- Store emergency medical supplies readily accessible and make sure others know where they are.
- Keep a current emergency contact list readily available.



IF SOMEONE HAS COGNITIVE DISABILITIES:

- Practice regularly what to do during and after an emergency.
- Make sure the person has a clear, written plan that can be easily located and shared with others if you are not around.



IF SOMEONE HAS COMMUNICATION DISABILITIES:

- Help the person have a communication plan to use with emergency personnel quickly.
- Store paper, writing materials, etc., with emergency preparedness kits to help communication.
- Make sure the person's emergency health card contains information on the best ways to communicate with the person.

HOW PREPARED ARE YOU?

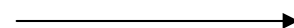
- Do you have up-to-date CPR training and First Aid training?
- Do you know your home's evacuation route/plans?
- Do you know where emergency supplies are stored?
- Where are the main gas, water and electricity shut-offs? Do you know how to turn them off?
- Can you operate a fire extinguisher?
- Can you carry or transport the person if necessary?
- Do you have a complete first aid kit and a portable evacuation kit?
- Do you have an identified place to go and know how to get there?



Additional information on this and other topics is available online at: www.informingfamilies.org

A service of the Washington State Developmental Disabilities Council

More about emergency resources on back



WHERE TO FIND MORE INFORMATION

Many local and state government websites contain good information on planning for emergencies. Here are some resources:

Washington State Department of Health

<http://www.doh.wa.gov/phepr/default.htm>

This website has several resources, including:

- Emergency Resource Guide
- Emergency supplies checklist
- Fact sheet on household preparedness



National Organization on Disability

http://nod.org/research_publications/emergency_preparedness_materials/

Here you can find helpful tips on disaster readiness for people with disabilities:

- Prepare Yourself: Disaster Readiness Tips for People with Disabilities
- Disaster Readiness Tips for People with Developmental or Cognitive Disabilities
- Disaster Readiness Tips for People with Mobility Disabilities
- Disaster Readiness Tips for People with Sensory Disabilities
- Disaster Readiness Tips for Owners of Pets or Service Animals



California Department of Developmental Services Consumer Corner

<http://www.dds.ca.gov/ConsumerCorner/EmergencyPreparedness.cfm>

Here you will find:

- Safety videos
- Printable magnets
- "Feeling Safe, Being Safe" booklet with emergency planning exercises



Are You Ready? An In-depth Guide to Citizen Preparedness (IS-22) provides a step-by-step outline on how to prepare a disaster supply kit, emergency planning for people with disabilities, how to locate and evacuate to a shelter, and contingency planning for family pets. Natural hazards and man-made threats from hazardous materials and terrorism are also treated in detail. To order, call the FEMA Distribution Center at 1-800-480-2520. Available in English and Spanish.

KNOW HOW TO GET EMERGENCY INFORMATION WHEN DISASTER STRIKES

Check your television or radio for emergency information

On the Internet:

- Access Washington: <http://accesswa.gov>
- Washington Disaster News: <http://www.wadisasternews.com/go/site/1105/>

Informing Families
Building Trust



About Informing Families Building Trust

Informing Families Building Trust is a collaborative effort of the Washington State Developmental Council, Washington State Division of Developmental Disabilities (DDD) and other advocacy organizations. Informing families gives you access to helpful information and resources, including:

- Short summaries of news stories on developmental disabilities.
- A listserv to ensure you get the most recent updates from DDD.
- Instant access to Informing Families DVDs and video podcasts
- An event calendar with search feature.

Learn more at www.informingfamilies.org