Disaster Preparedness Plan for People with Disabilities

THE PARTNERSHIP FOR INCLUSIVE DISASTER STRATEGIES

Disclaimer:
This checklist is not legal advice. If you need legal advice, consult a qualified attorney.

Note:
It is important to acknowledge getting personally prepared can be overwhelming, time consuming, and costly.

Try not to be discouraged! You don't need to know or have everything to be prepared for a disaster, but it is important to know what you will do, how you will do it, and who is a part of your support network if a disaster or emergency impacts you.

You don't have to do everything at once, try doing what you can – when you can. Even just thinking about your risks and your plan is part of your preparedness!

What You'll Find in this Planning Document

- Disability Rights in Disasters
- Staying Informed Resources
- Emergency Kit Checklist
- Disability-Related Preparedness Checklist
- Your Planning Guide

Disability Rights are NEVER suspended in Disasters!

Whenever disaster-related programs and services are provided to the general public, they must be accessible to and inclusive of people with disabilities.

- Shelters cannot deny you entry because you have a disability.
- You have the right to enter shelters that are physically accessible and ADA compliant.
- You have the right to equally effective communication (i.e. ASL interpreters, large print, braille, assistive technology).
- You have the right to request reasonable modi ications to policies and practices.
- You have the right to bring your service animal with you in a shelter, disaster recovery center, or other public places providing disaster-related programs and services.
- You have the right to not go into a facility (nursing facility or institution) if you don’t want.

Staying Informed Resources

☐ **Sign up for local emergency alerts**

☐ **Download the FEMA App**

Available on Google Play and Apple App Store.

You can also download the app via text message.

Android device: text ANDROID to 43362.

Apple device: text APPLE to 43362.

Learn more at https://tinyurl.com/a9rjfxfd

☐ **Download the Red Cross Emergency App**

Available on Google Play, Apple App Store, and Amazon Appstore.

Or you can text: “GETEMERGENCY” to 90999.

Learn more at https://tinyurl.com/PIDS-RC-App

☐ **Know how to find a shelter near you**

Text SHELTER and your ZIP Code to 43362
(Example text: “Shelter 84770”)

Call Red Cross: 1-800-733-2767

You can also look online at the American Red Cross Shelter Map:
https://tinyurl.com/ycknxnyt

Other Resoures

- **Ready Resources**
  Online: www.ready.gov
- **Disability & Disaster Hotline**
  Call or Text: 1-800-626-4959
  Email: hotline@disasterstrategies.org
- **Poison Control**
  Call: 1-800-222-1222
  Online: www.poison.org

My Emergency Kit

You can check these items off if you have them in your kit
This list is adapted from FEMA suggestions

- [ ] Water (one gallon per person per day for at least three days, for drinking and sanitation)
- [ ] Food (at least a three-day supply of non-perishable food); Ex: canned meat or tuna, dried or canned vegetables, cereal, peanut butter
  - [ ] Manual can opener
- [ ] Battery-powered or hand crank radio and a NOAA Weather Radio with tone alert
- [ ] Flashlight and extra batteries
- [ ] First aid kit
- [ ] Whistle or bell (to signal for help)
- [ ] Masks (N95 or KN95)
- [ ] Plastic sheeting and duct tape
- [ ] Local maps
- [ ] Moist towelettes, garbage bags and plastic ties
- [ ] Cell phone with chargers and a backup battery
- [ ] Soap, hand sanitizer, disinfecting wipes, other sanitation supplies
- [ ] Prescription medications
- [ ] Non-prescription medications such as pain relievers, anti-diarrhea medication, antacids or laxatives
- [ ] Prescription eyeglasses and contact lens solution
- [ ] Infant formula, bottles, diapers, wipes and diaper rash cream
- [ ] Animal food and extra water for your pet, service animal, and/or emotional support animal
- [ ] Sleeping bag or warm blanket for each person
- [ ] Any extra money to spare

My Emergency Kit

- [ ] Complete change of clothing appropriate for your climate, and sturdy shoes
- [ ] Fire extinguisher
- [ ] Matches in a waterproof container
- [ ] Period hygiene supplies
- [ ] Personal hygiene items
- [ ] Paper cups, plates, paper towels and plastic utensils
- [ ] Paper and pencil, pen, and/or marker
- [ ] Books, games, puzzles, fidget devices, or other stimulating or distracting activities or devices



My Disability Preparedness

What equipment do I use?

- [ ] Wheelchair or scooter
- [ ] Speech device
- [ ] Walker
- [ ] White cane
- [ ] Hearing aids
- [ ] Commode chair
- [ ] Hoyer lift
- [ ] Breathing machine (ventilator, respirator)
- [ ] Oxygen, suction, or home dialysis equipment
- [ ] Write in other

What equipment needs power to function?

- [ ] Wheelchair or scooter
- [ ] Hearing aids (batteries)
- [ ] Speech device
- [ ] Hoyer lift
- [ ] Breathing machine (ventilator, respirator)
- [ ] Medicine that needs to be kept refrigerated (i.e. insulin, biologics)
- [ ] Write in other

What other supplies do I use?

- [ ] Urinary and/or bowel supplies
- [ ] Gloves and wipes
- [ ] Adult diapers
- [ ] Wound care supplies
- [ ] Bed pads (CHUX)
- [ ] Write in other

My Disability Preparedness

What are my important documents? (Note: keep paper copies in a water-proof bag and save all documents electronically.)

- ☐ List of emergency contacts
- ☐ Insurance policies
- ☐ House deed, mortgage, or lease
- ☐ Bank account records
- ☐ Health insurance and primary doctor information
- ☐ Birth certificate and social security card (if applicable)
- ☐ Prescription medication details
- ☐ Dietary requirements
- ☐ Information on my customized equipment
- ☐ My emergency plan document
- ☐ Write in other

Notes and Comments

My Emergency Plan

My plan for sheltering-in-place is

My plan for evacuating is

My Emergency Plan

My plan if power is out for an extended period of time

My communication plan (support network and contact information)

Notes and Comments