



Oregon Office on Disability and Health



University Center for Excellence  
in Developmental Disabilities

**From Wesley's presentation:**

<https://www.dds.ca.gov/consumers/emergency-preparedness/>

**OHSU Resources:**

OHSU OODH Website at <https://www.ohsu.edu/oregon-office-on-disability-and-health/archived-programs>

OHSU OODH Emergency Preparedness Toolkit (English)

<https://www.ohsu.edu/sites/default/files/2019-01/ReadyNow-2014.pdf>

OHSU OODH Emergency Preparedness Toolkit (Spanish)

[https://www.ohsu.edu/sites/default/files/2019-01/ReadyNow-SP-2009\\_0.pdf](https://www.ohsu.edu/sites/default/files/2019-01/ReadyNow-SP-2009_0.pdf)

OHSU UCEDD COVID-19 Resources <https://www.ohsu.edu/university-center-excellence-development-disability/covid-19-resources-people-disabilities>

**Oregon Health Authority (OHA):**

[Preparing your Household for a Pandemic \[English\]](#)

Accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide documents in alternate formats such as other languages, large print, braille or a format you prefer. Contact Mavel Morales at 1-844-882-7889, 711 TTY or [OHA.ADAModifications@dhsoha.state.or.us](mailto:OHA.ADAModifications@dhsoha.state.or.us).

**NET (Neighborhood Emergency Team) in Portland, Or.**

<https://www.portlandoregon.gov/pbem/31667> or  
<https://portlandprepares.org/>

## **CERT**

Google search your city and/or county for CERT.

<https://community.fema.gov/PreparednessCommunity/s/welcome-to-cert>

Portland, Oregon has the BEECN program A BEECN (short for Basic Earthquake Emergency Communication Node) is a place to go in Portland after a major earthquake to ask for emergency assistance if phone service is down, or report severe damage or injury.

<https://www.portlandoregon.gov/pbem/59630>

## **For Deaf and Hard of Hearing**

National Association of the Deaf: <https://www.nad.org/resources/emergency-preparedness/resources-for-you-and-your-community/>

Preparedness video for people who are deaf and hard of hearing:

<https://www.youtube.com/watch?v=n7Hljd5OmE>

## **For Blind or low vision**

National Library Service for the Blind and print Disabled Library of Congress:

<https://www.loc.gov/nls/resources/general-resources-on-disabilities/emergency-preparedness/>

Preparedness Toolkit for Blind or visually impaired- Florida Health:

[http://www.floridahealth.gov/environmental-health/eh-preparedness/\\_documents/BEH\\_DBSPrepToolkit.pdf](http://www.floridahealth.gov/environmental-health/eh-preparedness/_documents/BEH_DBSPrepToolkit.pdf)

Disaster Preparedness for People with Visual Disabilities from BrailleWorks:

<https://brailleworks.com/disaster-preparedness-visual-disabilities/>

## **The Regional Water Providers Consortium**

<https://www.regionalh2o.org/emergency-preparedness>

## **Amateur Radio**

It is a emergency communication method. More information about Amateur Radio Emergency Communication can be found at

<http://www.arrl.org/amateur-radio-emergency-communication>

## **Washington State**

Coalition on Inclusive Emergency Planning at [www.wasilc.org/coalition-on-inclusive-emergency-planning](http://www.wasilc.org/coalition-on-inclusive-emergency-planning)

Bainbridge Island Preparedness at <https://bainbridgeprepares.org/>

## Ohio - Emergency Preparedness information from Ohio UCEDD

Videos: <https://bit.ly/DisabilityPreparedness>

### OHIO UCEDD Resources:

<https://www.ucucedd.org/emergency-preparedness-resources/>

Individuals who have paralysis:

<https://www.ucucedd.org/wp-content/uploads/2021/01/CCHMC-UCEDD-Know-Your-Rights-when-Preparing-for-an-Emergency-A-Resource-for-Individuals-with-Paralysis-and-their-Caregivers-FA-WEB.pdf>

Resource for medical care providers:

<https://www.ucucedd.org/wp-content/uploads/2021/01/CCHMC-UCEDD-A-Resource-for-Medical-Care-Providers-Serving-Individuals-with-Paralysis-FA-WEB.pdf>

Resources for first responders/emergency management:

<https://www.ucucedd.org/wp-content/uploads/2021/01/CCHMC-UCEDD-A-Resource-for-First-Responders-and-Emergency-Management-Specific-to-Interaction-with-Individuals-with-Paralysis-FA-WEB.pdf>

## Other tips that participants shared during the webinar:

### Supply ideas for emergency kits:

- Baby diapers for feet coverings
- Water
- Having a wind-up radio
- When we got food boxes, I kept the pop-off can soups and protein bars for emergency kits
- Ask for emergency kit items for gifts
- For the Deaf or hard of hearing community, printing off an ASL finger spell chart, maybe laminating it with a marker would be a good item for the kit as well.
- Many are not aware that hearing aids cost \$2-5K per ear. Not always practical to have extra hearing aid unless you have an old one in working condition. However, extra hearing aid or cochlear implant batteries would be helpful for some people.
- Depending on the medication you can ask your doctor to prescribe 2 to 3-month supply
- Ask your insurance or pharmacy about getting a 2-3 day supply of medications.

### Emergency plan

- Have a copy of your POA, DNR and end of life planning in your emergency kit
- Email your emergency plan to a family member or case worker
- Discussing your needs in an emergency with landlord or manager

## Other things to consider

- If you live in a 2-story building you may need a portable ladder
- Hand crank / bicycle powered generators.
- For generators: <https://www.goalzero.com/>