



Flood



Fire



Lightning



Terrorism



Heatwave



Snowstorm



Hurricane



Bombing

READY NOW!

Emergency Preparedness Tool Kit for People with Disabilities 2nd Edition



This page (inside front cover) purposefully left blank.

Acknowledgments

Information in this Emergency Preparedness Tool Kit was originally made from invaluable resources and publications developed by national and regional organizations and institutions. We thank the following groups:

- The American National Red Cross
- American Red Cross Disaster Services for People with Disabilities and General Disaster Services
- Department of Homeland Security's Ready Campaign
- Federal Emergency Management Agency (FEMA)
- PDX Prepared
- Delta Society
- National Organization on Disability
- June Isaacson Kailes and the Center for Disability Issues and the Health Profession at Western University of Health Sciences, Pomona, CA
- Independent Living Resource Center, San Francisco
- City of San Francisco Department of Emergency Management
- University of California, Berkley
- Emergency Preparedness Tool Kit for People with Disabilities (2007) developed by the Occupation Therapy Department at Virginia Commonwealth University and the Virginia Leadership Education in Neurodevelopmental Disabilities (Va-LEND), Tony Cahill, PhD
- University of New Mexico Center for Development and Disability; Women with Disabilities Health Equity Coalition

Special thanks to the listed Emergency Preparedness trainers and staff for their help in developing the first edition of the Emergency Preparedness Tool Kit

- Angela Weaver, M.Ed
- Denise Spielman
- Danielle Bailey, M.P.H.
- Chuck Davis, M.S.W.
- Lisa Voltolina

This project was funded by a Centers for Disease Control and Prevention Grant #U59/DD00094203 and a DHHS Administration on Community Living Grant # 90DDUC0039-02-01.

The Oregon Office on Disability and Health is a program of the University Center for Excellence in Developmental Disabilities in the OHSU Institute on Development and Disability.

The Ready Now Toolkit: Emergency Preparedness Tool Kit for People with Disabilities (2nd edition) is being provided to you under the [Creative Commons Attribution-NonCommercial-NoDerivs 3.0 United States License](#) (CC BY-NC-ND 3.0 US). By accessing and/or using the Toolkit, you hereby agree to the terms and conditions of the CC BY-NC-ND 3.0 US License.

For alternative formats of the toolkit, please contact: oodh@ohsu.edu

The READY NOW! Emergency Preparedness Tool Kit for People with Disabilities 2nd Edition can be found online at: www.ohsu.edu/EmergencyPrepDisability

Why an Emergency Preparedness Tool Kit?

“Emergency preparedness” is a plan to prepare you if there is an emergency. People of any gender, race, or disability will need to plan for emergencies such as floods, snowstorms, fires or terrorist attacks. It is an important part of being responsible. People with disabilities may have more needs to consider in an emergency. If you have a disability, you may need extra planning to be ready for an emergency.

This tool kit is a guide to help you get ready. You can use the tools and checklists in this handbook as a step-by-step guide to making an emergency plan.

Making an emergency plan and getting things to put in your emergency tool kit is a big job.

Your plan may include family, friends, neighbors and organizations that can support you and help you make decisions.

Your tool kit does not have to be perfect, but it is important to plan ahead.

Because everyone’s situation is different, not all subjects of emergency preparedness are covered in this guide. Think about your own needs and plan ahead for what you will need to stay safe.

Remember: A plan you started is better than no plan. You can do it!

This page purposefully left blank.

Emergency Preparedness Tool Kit Checklist

Below is a list of important information to review as you get ready for an emergency. Put a check in the box after you finish each section.

- 10 Steps to Emergency Preparedness Tab 1
- What Emergencies Can You Expect Tab 2
- Personal Ability Self-Assessment..... Tab 3
- How to Develop a Personal Support Group Tab 4
- Emergency Contact List Tab 5
 - Neighbor Contact List
 - Medical Information List
 - Emergency Information List
 - Emergency Telephone List
 - Emergency ID Cards
- Emergency Papers..... Tab 6
- Tips for Specific Disabilities..... Tab 7
 - Disability-Related Supplies and Equipment
- Should I Stay or Should I Go? Tab 8
 - Emergency Go Bags
 - 72-hour Emergency Supply Kit
 - What Food Items to Include?
 - Emergency Supply Kit Check List
- Prepare Your Service Animals and Pets..... Tab 9
- Emergency Evacuation Plans..... Tab 10
- Summary Checklist for Personal Emergency Preparation Tab 11
- Resources Tab 12

This page purposefully left blank.