

# Personal Ability Self-Assessment



Flood



Fire



Lightning



Terrorism



Heatwave



Snowstorm



Hurricane



Bombing

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## **Personal Ability Self-Assessment**

Decide what you will be able to do on your own and what help you may need before, during and after an emergency based on the type of emergency, your abilities and your limits.

Make a list of your personal needs and your resources. Think about the questions on the next few pages. Write down your answers or record them using an audio recorder. If you have a smartphone, you can use the voice recorder app to save recordings to share with your support people.

These answers should talk about your physical abilities right now. You should also talk about the help you will need during an emergency. Make the plan to be prepared for a day when you have the highest level of need for help, not on a day when you don't need much support.

# 1: Daily Living

## Personal Care

Do you need help with personal care, such as bathing and grooming?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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Do you use adaptive equipment to help you get dressed?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Water Service

What will you do if water service is cut off for several days, or if you are unable to heat water?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Personal Care Equipment

Do you use a shower chair, tub transfer bench or other similar equipment?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Adaptive Feeding Devices

Do you use adaptive utensils that help you prepare or eat food independently?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Electric Equipment

How will you use equipment that runs on electricity if there is a power outage? Think about things such as dialysis machines, CPAP, BiPap, electrical lifts and power chairs.

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## 2: Getting Around

### Disaster Debris

How will you clean up the debris in your home after an emergency?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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### Transportation

Do you need a specially equipped vehicle or accessible transportation?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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**Errands**

How will you get groceries, medications and medical supplies if your support people are unable to reach you?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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### 3: Evacuating

#### Building Evacuation

Do you need help to leave your home or office?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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#### Building Exits

Are there other exits you can use if the elevator in your building is not working?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Getting Help

How will you call for help if you need to leave the building?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Mobility Aids

What will you do if you can't find your mobility aids or equipment you need for your service animal?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Ramp Access

What will you do if the building ramps have been damaged and you can't use them?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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## Service Animals and Pets

Will you be able to care for your animal(s) during and after an emergency?

✓ **What I can do on my own today:**

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**Help I may need in an emergency:**

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